

Safe sleep for babies

Facts about SIDS (Sudden Infant Death Syndrome)

- In Oregon, about 40 babies die in their sleep every year.
- The most important thing you can do for your baby's health is to quit smoking. For help, contact the Oregon Tobacco Quit Line at 1-800-784-8669 or online at www.quitnow.net/oregon.
- Breastfeeding reduces your baby's risk of SIDS.

Some parents choose to sleep with their baby. It can be unsafe to sleep with your baby if:

- Your baby is less than 12 weeks old.
- Your bed has pillows, quilts, or comforters.
- You share the bed with pets or other children.
- You or your partner:
 - » Smokes;
 - » Has taken drugs, alcohol, or medications that make you sleepy;
 - » Are very tired or suffer from extreme exhaustion.

To make sure your baby is as safe as possible:

- Put your baby to sleep on his or her back.
- Make sure no one smokes around your baby.
- Breastfeed your baby.
- Put your baby to sleep in the room where you sleep.
- Remove soft fluffy bedding, pillows, stuffed toys and bumper pads from your baby's sleep area.



Face up

Face clear

Smoke-free

Baby near!

- Avoid placing your baby to sleep on soft things like couches or upholstered chairs, waterbeds, beanbag chairs, quilts or comforters.
- Talk with grandparents and other caregivers about this safe sleep information.

Safe cribs:

- Do not use older cribs that do not meet current safety standards.
- Check often for missing, loose or broken hardware.
- Mattress should be firm and fit tightly in the space.
- Do not put a baby monitor in the crib.
- Do not place crib near cords from lamps, blinds or drapes.
- Space between crib slats should be no more than 2-3/8 inches.
- Crib should not have corner posts or cutouts in the headboard or footboard.
- Move the child from a crib to a bed before the child is 35 inches tall.

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Safe sleep for babies (continued)

Five new federal requirements:

As of June 28, 2011, all cribs sold in the United States must meet new federal requirements for overall crib safety (see the graphic below):

- Traditional drop-side cribs cannot be made or sold; immobilizers and repair kits are not allowed;
- Wood slats must be made of stronger woods to prevent breakage;
- Crib hardware must have anti-loosening devices to keep it from coming loose or falling off;
- Mattress supports must be more durable; and
- Safety testing must be more rigorous.

For more information

Babies First! Safe Sleep for Babies

www.healthoregon.org/safesleep
or call 971-673-0262

Crib Safety Information

www.cpsc.gov/info/cribs/index.html

Back to Sleep

www.nichd.nih.gov/sids/sids.cfm

National SUID/SIDS Resource Center

www.sidscenter.org



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