

# Other Tips



## TIPS

- Use a one-piece sleeper. Don't use blankets.
- Be sure baby is not too warm.
- Breastfeed your baby.
- Try using a pacifier for sleep but don't force baby to take it.
- Get your baby immunized.
- If your baby is in a front or back baby carrier, be sure that baby's face is always visible.
- Never use a car seat, baby swing, carriage or other carrier without properly fastening all the straps. Babies have been caught in partially fastened straps and died.
- Make sure no one smokes in your home or around your baby.
- Don't use alcohol or drugs.
- Don't rely on home baby monitors.

Make sure **everyone** caring for your baby follows these tips!

[health.ny.gov/safesleep](http://health.ny.gov/safesleep)



**HealthAlliance**

Westchester Medical Center Health Network



**Department of Health**

Office of Children and Family Services

Department of State

Division of Consumer Protection

0672

CONTROLLED. Approving Department: Family Birth Place.  
Approval Date: 12/2017.

8/17

# Follow the ABCs of Safe Sleep



## **A** Alone.

Baby should sleep **Alone**.

## **B** Back.

Put baby on their **Back**.

## **C** Crib.

Put baby in a safe **Crib**.

## ★ Alone.

## ★ Back.

## ★ Crib.

About 90 babies die each year in New York State from sleep-related causes. Right from the start, help your baby sleep safely every time sleep begins.

### ALONE

- Put baby on their back to sleep – even if baby was born early (premature).
- Your baby should not sleep with adults or other children.
- Share your room, not your bed. Room-sharing lets you keep a close watch over your baby while preventing accidents that might happen when baby is sleeping in an adult bed.
- Nothing should be in the crib except baby; no pillows, bumper pads, blankets or toys.



### BACK

- Put baby to sleep on their back, not on their tummy or side.
- Put your baby on their tummy every day when baby is awake. Watch and encourage your baby. “Tummy time” helps baby develop strong shoulder and neck muscles.



### CRIB

- If baby falls asleep on a bed, couch, armchair, or in a sling, swing or other carrier, put baby in a crib to finish sleeping.
- Use a safety-approved\* crib/bassinet/play yard with a firm mattress and a fitted sheet.
- **DO NOT USE A DROP-SIDE CRIB.** Federal safety standards do not allow drop-side rail cribs to be made or sold.
- Before you buy or use any crib/ bassinet/play yard check the CPSC recall list at: [www.cpsc.gov/Recalls/](http://www.cpsc.gov/Recalls/) to make sure it has not been recalled.

*\*For crib safety, go to the Consumer Product Safety Commission:*  
**[www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs](http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs)**

