

Why do some babies die during sleep?

- ▶ Some babies die of Sudden Infant Death Syndrome (SIDS), where no cause of death is found
- ▶ Some babies are unintentionally suffocated by objects or people in their sleep area
- ▶ Sometimes stale air is trapped around a baby's face while tummy sleeping or by objects or people blocking air near a baby's face. Rebreathing this stale air is thought to cause some babies to stop breathing

What else can I do to reduce the risk of my baby dying during sleep?

- ▶ **Breastfeeding and pacifier use can be protective.** Introduce a pacifier after breastfeeding is well established. Put the pacifier in your baby's mouth at bedtime if she will take it, and do not worry if it falls out during sleep
- ▶ **Avoid overheating your baby**
 - Keep the room temperature comfortable for you
 - Dress your baby in a warm sleeper and do not use blankets

What about when others care for my baby?

BE SURE all caregivers, including grandparents, put babies on their backs to sleep at night and nap time. Babies who usually sleep on their backs are at an increased risk of sleep-related death when put on their tummies for sleep.

Quit tobacco for your baby and you!

- ▶ Smoking by women during pregnancy increases the risk for SIDS and other deaths while sleeping
- ▶ Babies who are exposed to secondhand smoke after birth are also at greater risk of SIDS
- ▶ Chemicals in secondhand smoke appear to affect the brain in ways that interfere with its regulation of babies' breathing
Source: www.cdc.gov/tobacco



For More Information

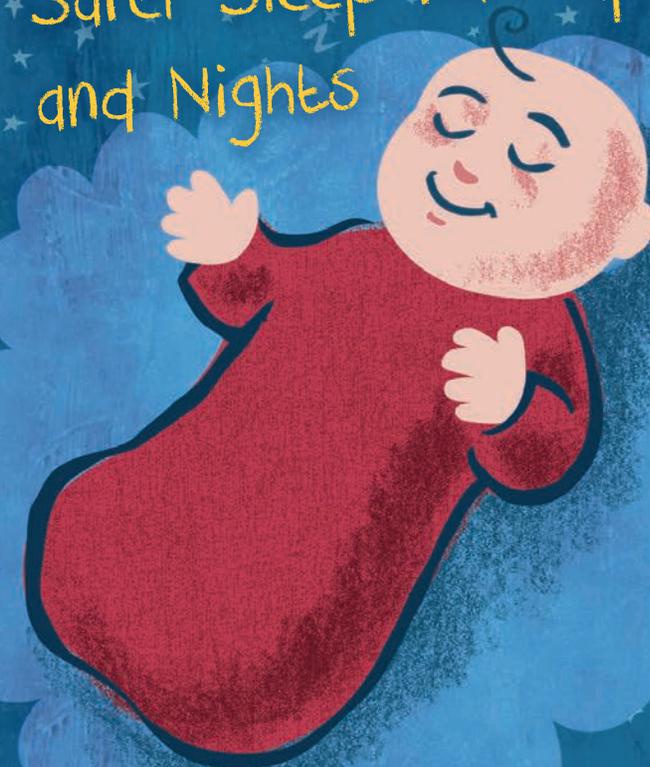
- ▶ Alaska Division of Public Health/Section of Women's, Children's and Family Health: dhss.alaska.gov/dph/wcfh/pages/perinatal
- ▶ Alaska Quit Line: www.alaskaquitline.com
- ▶ American Academy of Pediatrics: www.aap.org
- ▶ Consumer Product Safety Commission (CPSC): www.cpsc.gov
- ▶ National SUID/SIDS Resource Center: www.sidscenter.org
- ▶ Period of Purple Crying: www.purplecrying.info



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Bedtime for Baby

Safer Sleep for Naps and Nights



Alaska babies die every year from unsafe sleeping conditions. Many of these deaths are preventable.

Learn the best ways to give your baby a safe sleep for naps and nights

It's as simple as

A, B, C

SAFEST SLEEP

Babies are SAFEST when they sleep:

- ▶ **Alone** – Nothing in the crib with baby, not even crib bumper pads
- ▶ **On their Backs** – Research shows babies are NOT more likely to choke when sleeping on their backs, except in the rare condition of specific medical problems
- ▶ **In their Cribs** – Cribs should be safety approved. Check the CPSC website (see back) for more information on cribs and play yards

Keep your baby sleeping safely!

Your baby needs lots of room to breathe

When baby is sleeping someplace other than a safety-approved crib, remember to give them lots of room to breathe!

To reduce risks babies should always be put to sleep:

- ▶ On their backs on a firm surface
- ▶ In places where there is no risk of falling or being trapped by furniture or walls
- ▶ In places where nothing is near that could block their breathing or the air flow around their face such as a blanket, pillow, toy or person
- ▶ In a tobacco-free environment
- ▶ If your baby can roll from front to back and back to front the AAP suggests you can leave him in the sleep position he assumes after you have put him on his back to sleep

Sharing the sleep area puts your baby at risk

UNSAFE SLEEP

Babies are UNSAFE when they sleep:

- ▶ On their tummies, or on soft surfaces like a sofa or couch
- ▶ In an area with toys, blankets, or bumper pads

In the same bed:

- ▶ With anyone before they are 3-months old
- ▶ With a non-primary caregiver, another child, or a pet
- ▶ If their mother or primary caregiver
 - Smoked during pregnancy or currently smokes
 - Is under the influence of alcohol, drugs, or medications; or
 - Is very tired or obese

The American Academy of Pediatric (AAP) recommends having your baby sleep in a crib in your room

