



## **SAFE INFANT BEDDING PRACTICES** **A CHECKLIST FOR PARENTS AND CAREGIVERS**

*As recommended by First Candle/SIDS Alliance, the American Academy of Pediatrics, Consumer Product Safety Commission and National Institute of Child Health and Human Development.*

Tummy sleeping and soft, fluffy or loose bedding can cause a dangerous buildup of carbon dioxide (exhaled air) around a sleeping baby's head and face. Experts feel that this "rebreathing" of exhaled air is a risk factor for SIDS and can trigger a vulnerable baby to die suddenly and unexpectedly.

In order to provide the safest environment possible for your sleeping baby, First Candle/SIDS Alliance reminds parents and caregivers to:

- Place your baby to sleep on his or her back at nighttime and naptime. Use a firm tight-fitting mattress, in a safety approved crib, covered only with a sheet.
- Remove all soft, fluffy or loose bedding and other objects from your baby's sleep area. This includes pillows, blankets, quilts, comforters, soft or pillow-like bumpers, wedges or positioners, sheepskins, stuffed toys and other soft products.
- Consider using a "wearable blanket", or other type sleeper, instead of loose blankets in your baby's crib.
- Do not place your baby to sleep on any soft surface such as a quilt or blanket, sofa, waterbed, pillow, soft mattress or mattress cover, chair, cushion, or beanbag.
- Consider room sharing - placing the baby's crib or separate sleep surface along side the adult bed, in order to maximize the benefits and minimize the dangers associated with bed sharing. Bed sharing **has not** been shown to reduce the risk of SIDS.
- Be careful not to overheat your baby with excessive clothing, bedding or room temperature (68-72° F) - overheating has also been identified as a risk factor for SIDS.
- Educate grandparents, childcare providers, babysitters and anyone that cares for your baby about the importance of a safe sleep area.