

ABC'S of Infant Sleep

Safe sleep starts with giving your baby room to breathe at bedtime and naptime.



- A** **Babies should sleep alone**
Babies should sleep alone in a crib with no blankets or bedding, preferably in the same room as you.
- B** **On their backs**
Babies should sleep on their backs—not their sides or their tummies.
- C** **In a crib and cool**
The crib should have a firm mattress and tight-fitting bottom sheet. Keep the room cool and dress your baby lightly.
- S** **In a smoke-free environment**
Secondhand smoke is bad for everyone, especially babies.

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Learn About Infant Sleep

Sorting through facts and opinions can be hard when deciding how to put your baby to sleep.

Q. Won't my baby be lonely, cold, or uncomfortable alone in a crib?

A. No. Infants sleep best in an empty crib. Bumpers, pillows, toys, and blankets make the crib unsafe for your baby.

Q. Why aren't crib bumpers safe?

A. Bumpers can cover a baby's nose and mouth. Modern cribs do not need crib bumpers because the crib slats or openings are close together.

Q. Why can't I share my bed with my baby?

A. Sharing a bed increases your baby's chances of overheating and the risk of suffocation. Try putting your baby's crib in your room, or use a bedside crib so he or she is in arm's reach for feeding and comforting.

Q. Will my baby choke if she sleeps on her back?

A. No. Healthy babies have a natural reflex that lets them swallow and cough up fluids. Even older babies that can roll to their stomach should be put to sleep on their back.

Q. Can my baby sleep in a car seat or swing?

A. It's safe for your baby to catch a quick nap when you're driving, but small babies may stop breathing if they fall asleep sitting up. Move your baby to a crib if they fall asleep in a car seat or swing.

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