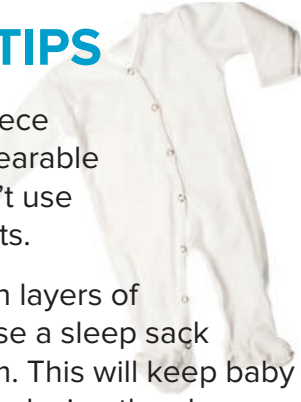


# Other Tips

## TIPS

- Use a one-piece sleeper or wearable blanket. Don't use loose blankets.
- Dress baby in layers of clothing or use a sleep sack to keep warm. This will keep baby warm while reducing the chance of covering their head or trapping them with the blanket.
- 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.
- Ensure baby is in a safe sleep environment for every sleep, even naps, and after waking up in the middle of the night.
- Weighted blankets and swaddles are not recommended.
- Don't use alcohol or drugs when caring for your baby.
- Don't rely on home baby monitors.



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

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

If you do not have a safe space for your infant to sleep, you may be able to receive a free portable crib and sheet.

If your household receives public assistance or has limited resources, you may be eligible.

Please contact your local department of social services to check eligibility:



<https://otda.ny.gov/workingfamilies/dss.asp>



Department of Health

Office of Children and Family Services

Office of Temporary and Disability Assistance

Department of State

Division of Consumer Protection

# 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**.

## S Smoke-free Home.

In a **Smoke-free Home**.

# ★ Alone. ★ Back. ★ Crib. ★ Smoke-free Home.

*More than 120 infants die each year in New York State from sleep-related causes, including Sudden Infant Death Syndrome (SIDS).*

## ALONE

- 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. It also helps prevent 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.
- Blanket use can increase the risk of Sudden Infant Death Syndrome (SIDS) or suffocation.



## BACK

- Put baby to sleep on their back, not on their tummy or side – even if baby was born early (premature).
- When your baby is awake and being supervised, put them on their tummy. Do this for a few minutes – several times a day. “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, move baby to a crib to finish sleeping.
- Use a safety-approved crib, bassinet, or play yard. Make sure it has a firm mattress and a fitted sheet.
- **DO NOT USE A DROP-SIDE CRIB.** Federal safety standards do not allow drop-side cribs to be made or sold.
- Before you buy or use any crib, bassinet, or play yard check the CPSC recall list at: [www.cpsc.gov/Recalls/](http://www.cpsc.gov/Recalls/) Make sure it has not been recalled.

## SMOKE-FREE HOME

- Smoking by pregnant people, and smoke in the infant’s environment, are risk factors for SIDS.
- Avoid smoke and/or nicotine exposure during pregnancy and after birth.
- Don’t let anyone smoke or vape in your home or around your baby.