## **Other Tips**



• Be sure baby is not too warm.

• Use a

one-piece

blankets.

- · 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.

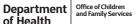
Make sure everyone caring for your baby follows these tips!

health.ny.gov/safesleep











8/17

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







Alone.

Baby should sleep Alone.



Back.

Put baby on their Back.



Crib.

Put baby in a safe 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.



- 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/ 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