Other Tips

**TIPS**

- Use a one-piece sleeper. Don’t use blankets.
- Be sure baby is not too warm.
- 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.

**Follow the ABCs of Safe Sleep**

Make sure everyone caring for your baby follows these tips!

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

**A** Alone.
- Baby should sleep **Alone**.

**B** Back.
- Put baby on their **Back**.

**C** 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.

**CRIB**

- 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.


**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.