



Remember the ABC's of Infant Sleep

- A** Sleep alone
- B** On their backs with no blankets or bedding
- C** In a crib and cool (70 degrees)
- D** In a smoke free environment

Safe Sleeping for Your Baby and You



www.BabyRoomToBreathe.org

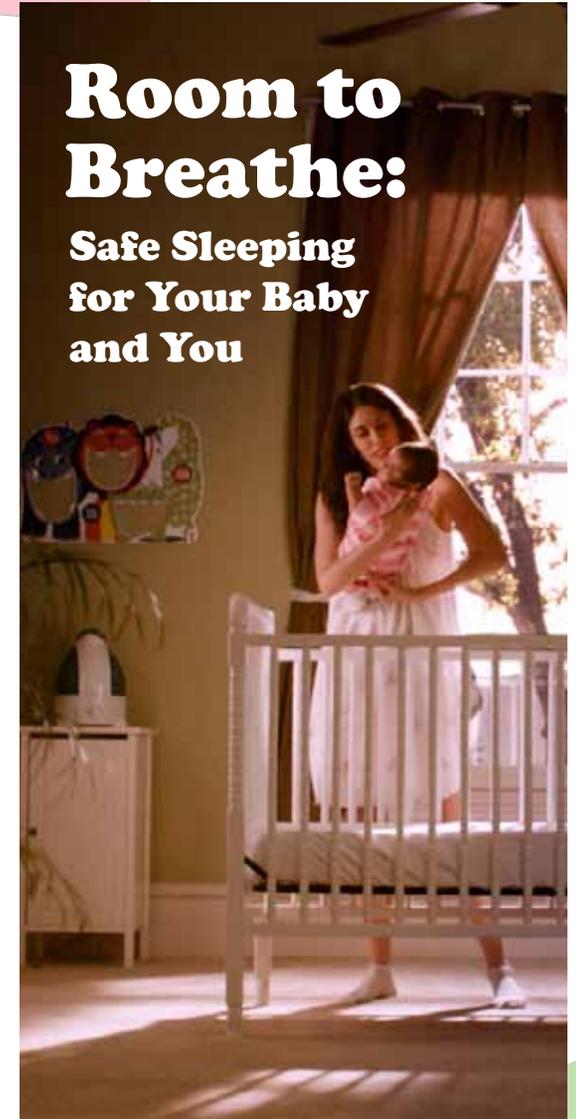


Texas Department of
Family and Protective Services

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Room to Breathe:

Safe Sleeping for Your Baby and You



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Risks for Sudden, Unexplained Infant Deaths



Hundreds of Texas babies die suddenly in their sleep each year. Often there is no clear explanation. Sometimes a pillow, toy, or blanket suffocates a baby. Sometimes they are sleeping with an adult or older child who accidentally covers a child's face. That's why it is so important to always give babies "Room to Breathe."

Why do babies suddenly die while sleeping?

The exact causes of many sudden infant deaths are unknown. But we know about practices that increase the risk, often by affecting a baby's breathing:

- ◆ Sleeping with soft bedding, pillows, bumper pads, or stuffed animals that may cover a baby's face.
- ◆ Adults who are very tired or obese, or who are under the influence of alcohol, medicines or drugs that make them groggy, are

more likely to accidentally smother a baby if they sleep with the infant.

- ◆ Secondhand smoke of any kind may hamper a baby's breathing.
- ◆ Putting a baby to sleep on its stomach increases the risk of sudden, unexpected infant death.
- ◆ Putting too many clothes on an infant or making a baby's room too hot may raise a baby's body temperature and increase the risk of sudden, unexpected infant death.

Sleeping Tips

Do:

- ◆ Do put babies to sleep alone and on their backs.
- ◆ Do put babies in cribs or on other firm surfaces with tight-fitting bottom sheets. If the baby leaves an impression on the mattress, the surface is too soft.
- ◆ Do keep babies away from second-hand smoke.
- ◆ Do dress babies lightly and control the room temperature. 70 degrees is ideal.
- ◆ Do breast feed and use pacifiers. Both are linked to a lower risk of sudden death.
- ◆ Do share the information in this brochure with friends, relatives, babysitters, and others who may put your baby to sleep when you are away.

Don't:

- ◆ Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads inside the crib.
- ◆ Don't cover a baby's face or allow a baby to cover his or her face with anything.
- ◆ Don't let an infant sleep with older children.
- ◆ Don't ever sleep with an infant if you are unusually tired or if you are drunk or under the influence of illegal drugs or any medicine that makes you groggy.
- ◆ Don't put a baby to sleep on chairs, sofas, futons, beanbags, or cushions.
- ◆ Don't put a baby to sleep on a soft mattress such as pillow-tops, waterbeds, or memory foam. If the baby leaves an impression in the mattress, it's too soft.
- ◆ Don't expose a baby to second-hand smoke.

