

## Safe Sleep Guideline For Parents

The comforting image of a baby and caregiver peacefully dozing off together isn't an uncommon one. But the practice of co-sleeping, or sharing a bed with an infant, is controversial in the United States. The American Academy of Pediatrics and the U.S. Consumer Product Safety Commission (CPSC) warn that infants should NOT co-sleep with another person. Co-sleeping with an infant is a potentially dangerous, life-threatening practice for which a universal safe outcome is unpredictable.

### To keep an infant safe while sleeping, parents should:

**Provide a separate but nearby sleeping environment.** Babies may *share* the same sleeping room with a parent or adult caregiver, but NEVER share the same bed, couch or chair.

**Never place a baby unattended on a couch, adult bed or chair.** Put a baby to sleep in a crib, travel crib or bassinet that meets all nationally set safety standards.

**Make sure that the only item in the crib is a firm mattress, covered by a tight-fitting sheet.** There should be no pillows, soft bedding, blankets or toys in the crib. For adequate comfort and warmth, a baby can be dressed in a one piece sleeper during colder months.

**Keep indoor temperature at a level that is comfortable for the whole family.** Babies do not need to be in rooms that are overheated.

**Put a baby to sleep on his/her back.** Babies who sleep on their backs are safer. Keep a baby's head uncovered while sleeping so breathing does not become labored. Offer "tummy time" when your baby is awake and someone is supervising. Tummy time helps to develop neck and shoulder muscles and helps to prevent flat spots on a baby's head.

**Never smoke inside a house where a baby or child lives.** This may increase the risk of infant death and this behavior may increase the risk of household members developing asthma and other breathing related problems.

For more information, you may visit the Consumer Product Safety commission website at <http://www.cpsc.gov> or the American Academy of Pediatrics website at <http://www.aap.org>.