

What Parents Need to Know

Every **baby** needs their own Safe Sleep Space.
Create a safe sleep space by following the ABCDs



ALONE

Stay close
sleep Apart



BACK

On their Back for
Nights and Naps



CRIB

Clean, clear
Crib



DANGER

Be Aware,
Not Impaired



Alone: Babies should always sleep alone. There should never be anything else in a baby's sleep space except for the baby. A pacifier is permissible if the baby uses one, but if breastfeeding, please wait until breastfeeding is well established. Pacifiers should not be attached to a string, cord, stuffed animal or anything else.

Back: A baby should always sleep on his/her back for every sleep both night time and naps. Back sleeping on a firm surface reduces the risk of SIDS.

Crib: A baby's crib should contain a fitted sheet only; no blankets, toys, pillows, bumpers, or other items that could cover a baby's face and suffocate them. Cribs, bassinets and pack & plays with firm mattresses are the only safe places for babies to sleep.

Danger: Being tired, sleepy, exhausted or under the influence of alcohol or drugs (including some prescriptions) impairs one's ability to care for a baby, making bed sharing and other unsafe sleep practices more dangerous. Smart phones and other devices can take away from adequate supervision and lead to safety issues. They also reduce face-to-face interaction that is vital to a baby's emotional and intellectual development.

If you do not have a crib, bassinet or pack & play for your baby and cannot afford one, please check with Cribs for Kids at <https://cribsforkids.org/our-partners/>, or call your local health department

Things to Remember:

- ❖ Do not overheat a baby. If you are comfortable in light clothing, the baby will be too. Keep the room temperature at a comfortable setting for you.
- ❖ If your baby does require an extra layer for warmth, dress him/her in layers such as a onesie and a footed sleeper, or use a sleep sac over their clothing. Blankets should not be used in the bed for warmth.
- ❖ A baby should never sleep in a car seat, swing, infant seat, adult bed, couch or chair, or any other item not designated for infant sleep.
- ❖ Keep your baby away from cigarette smoke, which includes e-cigarettes. This is a good time to make your home and car smoke free.
- ❖ Provide “Tummy Time” for your baby every day, while they are awake and an adult is watching. This helps with muscle development.



If your baby won't sleep and cries continuously:

- Check to see if your baby is hungry, tired or needs changing;
- Cuddle the baby in your arms, walk and sing with your baby;
- Take your baby outside (weather permitting);
- Give your baby a warm bath;
- Call a friend or family member to come watch your baby;
- Call the parent Support line at **1-800-244-5373** or talk to your baby's doctor;
- No matter how frustrated you get, **NEVER, NEVER, NEVER shake** a baby.

- ❖ Your baby may not stop crying no matter what you try. If you need to take time to calm yourself, place your baby in a safe sleep space (**Alone**, on their **Back** and in their **Crib**) and check on them every 15 minutes.

Spread the word

Share the **ABCDs** of safe sleep with everyone who cares for your baby, including babysitters and family members.

Like and Follow us on **Facebook- Safe Sleep KY** and visit our website: www.safesleepky.org

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