

How to keep your sleeping baby safe

More than **1 in 10** new mothers in NH do not place their baby to sleep safely, on his or her back

Did you know?

Only **1 in 3** babies in NH sleep safely, in their own crib (no bed sharing)

Pediatricians recommend that you:

- 1** Put your baby to sleep on his or her back for all sleep times, until age one.
- 2** Use a firm sleep surface, with nothing in the crib but your baby; never use a couch sofa, or armchair.
- 3** Room share: keep your baby close but separate from where you sleep for the first 6 months to 1 year.
- 4** Only bring your baby into your bed to feed or to comfort; then place your baby to sleep in his or her crib.
- 5** Keep soft items, loose bedding, or anything that could increase the risk of entrapment, suffocation, or strangulation, such as toys, bumper pads, pillow, comforter, etc., out of your baby's sleep area.



- 6** Bed sharing is never recommended, especially when:
 - your baby is younger than 4 months old, was born prematurely, or had low birth weight;
 - mom smoked during pregnancy, or anyone in the bed is a smoker;
 - mom has had any alcohol, medicine or drugs that make it harder to wake up or stay alert;
 - the bed surface is soft (waterbed, soft mattress, sofa, couch or armchair) or there is loose bedding, such as pillows or blankets, in the sleep area.
- 7** If your baby falls asleep in an infant seat/carrier such as car seat, swing, etc., move him/her to a firm sleep surface, on his/her back as soon as possible.

Learn more at:

