

# It's as easy as **ABC**

**A**

## **ALONE**

Keep your baby's sleep area close but separate from where others sleep. Your baby should not sleep with others in a bed, on a couch, or in a chair.

**B**

## **BACK**

Your baby should be placed to sleep on his or her back in a safety-approved crib on a firm mattress every time - including during naps and at night.

**C**

## **CRIB**

Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers, wedges, and pillows from your baby's crib.

**1**

## **CAUSE OF DEATH**

SIDS and accidental suffocation are the leading causes of death in babies aged 1 to 12 months.

**2**

## **MONTHS OF AGE**

Babies who are 2 to 4 months of age are at the highest risk for SIDS and accidental suffocation.

**3**

## **TELL EVERYONE**

Share the A, B, C, 1, 2, 3's with at least three people such as grandparents, babysitters and everyone who cares for your baby. Education is key to keeping babies safe.

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**Q**uit smoking. Don't smoke before or after the birth of your baby and don't allow others to smoke around your baby.

**R**oom temperature. Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

No **S**oft surfaces. Babies should not be placed to sleep on waterbeds, sofas or other soft surfaces.

**T**ummy time. Provide "Tummy Time" when your baby is awake and watched.

**U**se of a pacifier during sleep and breastfeeding safely are both recommended to reduce your baby's risk of SIDS.

**V**accinate. Make sure your baby gets regular check-ups and immunizations.



**Safe Kids**  
Washoe County

'Cribs for Kids®' is an initiative of SIDS of PA, and Safe Kids Washoe County is the lead organization in Nevada. For more information or to make a donation, please contact us:

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# safe for your baby sleep



**Cribs  
for Kids®**

Helping every baby sleep safer

**E**very year, some infants die while sleeping. Parents can reduce the risks of this tragedy by knowing and following some simple guidelines. These guidelines will help you meet the goal of making sure the sleeping baby's breathing remains clear and unobstructed. And you will be assured that the baby does not get into a position that could cause injury or even death.

### **What is the safest way for a baby to sleep?**

The safest way for your baby to sleep is on its back, alone in a crib. Babies have died because they were smothered by an adult, another child, or objects in the adult bed or crib such as pillows, comforters, soft bedding, or stuffed animals. Babies can get trapped between the bed and the wall or bed frame, or between the cushions on a sofa. Sometimes a baby is injured by rolling off an adult bed.

### **What if my babysitter wants to let my baby nap on a sofa or a cushioned chair?**

Even away from home, a baby should always sleep in a safety-approved crib. Some parents use a portable crib or Pack-n-Play for trips away from home.

### **I like the closeness of sleeping with my baby, how can I do this safely?**

Cuddling with the baby during feeding time and waking hours best develops that closeness. At bedtime, room-sharing is great. With a baby-safe crib placed next to yours, the baby will sense your nearness and still have a safe place to sleep.



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Keep your  
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### **Guidelines for Parents and Caregivers...**

- The safest way for your baby to sleep is on its back, alone in a crib.
- The baby's crib should be in the parents' room, if possible. It should have a firm mattress that is closely fitted to the sides of the crib, and a tight-fitting sheet.
- Don't over-dress or over-bundle the baby. One light cover, tucked at the bottom and sides of the crib should be enough. Allow no covers near the baby's head. Use no pillow, bumpers, or toys.
- Never let a baby fall asleep in a bed or chair with someone who is smoking, is tired or ill, has taken medications or alcohol that cause drowsiness, or is overweight.
- A baby should sleep in a smoke-free home.
- Breastfeeding has important health benefits for babies, but do it safely. When breastfeeding, make sure you are in a position that will allow you to stay awake. When finished, return the baby to the crib.