



Keep Me Safe While I Sleep

Did you know that babies can die because of unsafe sleeping conditions?

Please follow these tips to keep me safe:

-  **Put me on my back to sleep, even for naps.**
 -  *When I'm awake, put me on my stomach for "Tummy Time" (exercise, sing, talk, read and play with me). Do not let me fall asleep on my tummy.*
-  **Keep my home and car smoke-free.**
 -  *Babies who breathe smoke or who sleep with those who smoke have a greater risk of unexpected death.*
-  **Be sure my crib is safety-approved, and my play yard has not been recalled. Be sure they have firm, tight fitting mattresses with sheets that fit tightly.**
 -  *Do not let me sleep on surfaces like adult beds, water beds, couches, and recliners. These have spaces that can trap my face and block my breathing.*
-  **Pillows, stuffed toys, futons and comforters are a danger in my sleep area.**
 -  *Do not let me sleep on soft bedding. I need a firm sleeping surface that is free from soft items that could block my breathing.*
-  **Sleep in the same room with me, but not in the same bed. You can breastfeed me in your bed, but when I'm ready to sleep, put me back in my crib.**
 -  *Sleeping with other people, even parents, sisters and brothers, puts me at risk for being rolled on and smothered.*
-  **Put me in clothes that will not make me feel too warm when I sleep.**
 -  *Getting too warm puts me at greater risk of unexpected death.*

Share these tips with all who care for me.

For more information: Call the Maternal and Child Health Branch at (808) 733-9044 or visit the Safe Sleep website at www.safesleephawaii.org

