Have everyone who cares for your baby follow the

ABCs of safe sleep.

Nebraska Safe Babies

The ABCs of Safe Sleep

I sleep safest

A **Alone**
on my
B **Back**
in a
C **Crib**
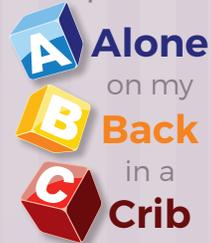
More information about safe sleep is on the Nebraska Department of Health and Human Services website at **dhhs.ne.gov/MomAndBaby**.

Nebraska Safe Babies

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Good Life. Great Mission.
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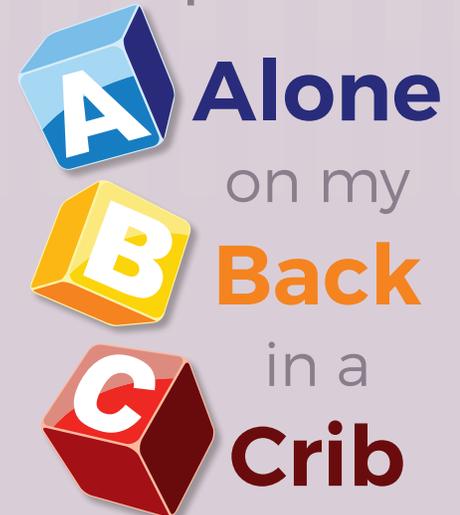
The A B C s of Safe Sleep

Congratulations on your new baby!

There are certain steps that parents, grandparents and caregivers can take to keep babies healthy and safe. Sadly, babies die each year in Nebraska due to unsafe sleep practices. That is why we urge you to learn and share the ABCs of safe sleep.

A Your baby should always sleep **Alone.**

During the first year of life, the safest place for a baby to sleep alone is in their own crib, close to the parent's bed.

✦ Room share, and not bed share.

✦ If your baby is in your bed to feed or for comfort, be sure to put your baby in the crib for sleep.

✦ Devices or positioning props advertised to prevent Sudden Unexplained Infant Death (SUID), are not proven to be effective and may even be dangerous.

Experts agree that sleeping with your baby can be dangerous. An adult bed has a soft mattress, pillows and bedding that can increase the risk of suffocation, falling or becoming trapped.

B Your baby should always sleep on his or her **Back.**

The safest position for babies to sleep is on their backs for every sleep – naptime and bedtime.

✦ Use sleep clothing or a sleep sack. Baby will stay warm and comfortable with these. Blankets are not needed.

✦ Don't forget daily supervised, awake tummy time, every day.

Your baby should always sleep in a safe **Crib.** C

A safe crib has:

✦ A firm mattress that fits tightly with no gaps.

✦ A tightly fitting sheet.

✦ No pillows, bumper pads, quilts, blankets, lamb skins, or stuffed toys.

✦ Follow the US Consumer Product Safety Commission Recommendations for crib safety at: **https://www.cpsc.gov.**

It is not safe for a baby to sleep in an adult bed, on a couch, chair, bean bag or recliner. Sleeping in a car seat or infant swing at home is not safe.

Along with the ABCs of safe sleep, take these steps to keep your baby safe:

✦ Receive all recommended vaccinations.

✦ Breastfeeding is recommended.

✦ A pacifier can be used at nap time and bed time, once breastfeeding is well established.

✦ Keep baby's room at 68 – 72 degrees. Not too warm. Not too cold.

✦ Obtain regular prenatal care and well-baby check-ups.

✦ Maintain a smoke free home.