

## What if I fall asleep breastfeeding at night?

- ◆ Breast milk is the best food for your baby, and breastfeeding has many benefits. It is easy to fall asleep while breast or bottle feeding your baby at night. If the baby remains in bed with you, he is more likely to be smothered. You can make feedings safer by:
  - Keeping your baby's crib right next to your bed so it is easy to put your baby in the crib after feeding.
  - Making sure your bed has a firm mattress, with no heavy blankets, comforters or pillows that could cover your baby's face or make him hot. Also, be sure that your mattress fits tightly against the headboard and is at least two feet away from the wall—a baby can slip between the wall and bed and be smothered. *Take these steps even if you do not plan to keep your baby in bed with you.* Many parents don't mean to fall asleep with their baby still in their bed!
  - Make sure that your baby is never in the same bed with an adult who is very tired, overweight, smokes, has been drinking and/or using drugs or taking medicines that can cause sleepiness.

### Safe Sleep Committee

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### SIDS & Infant Loss Support

Ph: 317.924.0825

Indiana Family Helpline

Ph: 1.800.433.0746

Assistance in locating services before, during, or after pregnancy. Available to providers and to the public.

The Indiana Perinatal Network (IPN) is an alliance of hundreds of individuals and organizations across Indiana committed to the beliefs that:

- Every mother deserves a healthy and safe pregnancy; and
- Every baby deserves to be born healthy and into a safe and nurturing home



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Safe  
Sleeping  
for your  
Baby



# Safe Sleeping for Your Baby

When your baby goes to sleep, here are 4 important things to think about...

## 1 How should I place my baby for sleep?

- ◆ **BACK TO SLEEP:** Always place your baby on his back to sleep (unless your baby's doctor tells you to do something else for the baby's health).



- ◆ **DO NOT PUT your baby on his side or stomach** because it increases the chances of Sudden Infant Death Syndrome (SIDS).
- ◆ **DO NOT USE wedges, cushions, blankets or anything else when placing your baby to sleep.**
- ◆ **DO NOT USE FLUFFY BLANKETS or soft bedding.**
- ◆ Remember to put your baby on his tummy ("tummy time"), but *only* while awake and being watched.

## 2 Where will my baby sleep?

- ◆ Doctors agree that the safest place for your baby to sleep is in your room.
- ◆ Your baby's bed should have:
  - Railings that are no more than 2<sup>3</sup>/<sub>8</sub> inches apart (a soda can won't fit through them);
  - A firm mattress that fits snugly in the frame;
  - A fitted sheet that is tight around the mattress;
  - NO quilts, comforters, duvets, blankets, stuffed animals, sheepskins, etc; and
  - **NO BUMPER PADS.**
- ◆ **Also, keep in mind:**
  - Make sure your baby's head and face remain uncovered during sleep.
  - Do not let your baby get too hot.
  - Keep the room temperature comfortable for a lightly clothed adult (68° to 72°).
  - Your baby should be in a one-piece sleeper with nothing over him.
  - If it's cold, layer the baby's clothing (for example, add a tee-shirt and socks under their sleeper) and use only a light blanket, if necessary.
  - Walls in the room should not have peeling paint, and the paint should be lead free.

## 3 What else can I do to keep my baby safe?

- ◆ Do not smoke or allow anyone else to smoke in the house, car, or anywhere your baby will be!
- ◆ **Breastfeeding is best for your baby** since it gives him *everything* he needs; and it helps to:
  - Lower the chances of death in the first year of life.
  - Lessen the baby's chances of getting sick.
  - Keep babies from gaining too much weight.
- ◆ **To keep your baby from being smothered, make sure he:**
  - NEVER sleeps on a waterbed, recliner, futon or sofa—with or without you. It is too easy for the baby to slip into a crack or under a pillow and be smothered.
  - NEVER sleeps in a bed with other children or adults who can, without meaning to, roll over on the baby as both sleep.
  - NEVER sleeps alone on an adult bed, since he can fall off or get caught between the bed and the wall, frame, or anything else you use to keep the baby from falling out of bed.



**Never smoke or allow anyone else to smoke in the car, house or anywhere else your baby will be!**