

# Newborns Sleep 20 Hours A Day. Make Each Hour Safe.

Look inside for safe sleep tips  
for parents and caregivers.



For information about  
Sudden Infant Death Syndrome  
contact:

The SIDS Center of New Jersey  
1-800-545-7437  
or

National Institute of  
Child Health & Human Development  
"Back to Sleep" Campaign  
1-800-505-CRIB

If you are feeling stressed out, call  
to speak anonymously with a trained  
volunteer who can listen and help:

Family Helpline  
1-800-THE KIDS



[WWW.NJ.GOV/DCF](http://WWW.NJ.GOV/DCF)



# Safe Sleep For Infants

When You Lay Me Down To Sleep,  
Make Sure Sleep Time Is A Safe Time...



## Safe Sleep Tips

- Place baby on his or her back to sleep.
- A baby's own sleeping environment is the safest. Place baby to sleep in a crib, bassinet, or Pack 'n Play.
- Sleeping with your baby is unsafe; you can accidentally roll onto and suffocate your baby.
- Bed sharing is especially dangerous if an adult is tired or has taken drugs, alcohol, or medication that makes them drowsy.
- Adult beds are unsafe; baby can get trapped between the mattress and wall, headboard, footboard, and between pillows and comforters.
- It is unsafe for baby to sleep on a couch, with or without adult supervision.
- Do not use a car seat, carrier, swing, bouncer or similar product as a sleep area. These products can be dangerous because babies are not sleeping flat on their backs.
- Breastfeeding is important to baby's health; BUT place baby in a safe sleep environment when finished breastfeeding. Offer a clean pacifier at sleep time.
- Babies need "tummy time" for normal development, BUT only when they are awake and interacting with mom, dad, or another adult caregiver.



Place baby on his or her back to sleep.



**DON'T** share your bed with baby. It's unsafe.



**DON'T** place soft materials in baby's sleeping environment.

## Safe Sleep Saves Lives!

Share these tips with anyone who cares for your baby.

## Important Things To Know

- Provide a smoke-free environment for baby.
- Never lay baby to sleep on any type of pillow in any position, especially for babies under one.
- Keep baby's sleeping environment clear of soft materials, including pillows, quilts, comforters, blankets, bumpers, and stuffed toys.
- Use appropriately sized sleep garments for baby. Avoid sleepwear with strings or ties.
- Never lay baby to sleep near appliances, toys, or dangling items. Examples include window treatment cords, wires for electronics, and extension cords.
- Babies should never sleep with a hot-water bottle or electric blanket, next to a radiator, heater, or fireplace, or in direct sunlight.
- Do not over bundle baby. Bedroom temperature should be comfortable; not too warm.
- Bring baby to the pediatrician for all well-visits and stay up to date with immunizations.

