



NORTH SHORE PEDIATRICS TALKS SLEEP SAFETY

Sudden Infant Death Syndrome (SIDS) is the leading cause of death for children under 1 year of age. Safe sleep is very important.

Tips for parents and caregivers for safe sleep:

1. Place infant on his/her back for all sleep times--naps and at night.
2. Use a firm surface, such as a mattress in a safety-approved crib.
3. Do not use soft bedding, including crib bumpers, blankets or pillows or soft toys in the baby's sleep area.
4. Avoid allowing your infant to share your bed ("co-sleep")
5. Using a pacifier for the first 6 months and having a smoke-free environment also helps reduce SIDS risk.

Learn more about the [Safe to Sleep Campaign here.](#)