



It's me, your baby, and I want you to know...

Safe sleep saves lives.

Sudden Unexpected Infant Death (SUID) is a leading cause of infant deaths in the state of Indiana. Most of these deaths happen during sleep times.

On average, two babies die every week because of bed-sharing or sleeping in an unsafe environment.

Most sleep-related suffocation and sleep-related deaths are **preventable**.



To help me sleep safely, remember:

**A**lone: Nothing in the crib but me and a fitted sheet.

**B**ack: I breathe easier on my back for naps and nighttime.

**C**rib: Sharing your bed isn't safe; I need my own crib.

SAFE SLEEP for me means:

- ✓ ALONE on my own safe surface with you nearby or in the same room.
- ✓ On my BACK for naps and night sleeps until my first birthday.
- ✓ In a CRIB or other safe, flat surface with a firm mattress and tight-fitted sheet – no bumper pads, blankets, or toys.
- ✓ I need clean air, free from smoke or vape (at home, in the car, and wherever we go).

It also means...

- ✗ Never on a couch, chair, air mattress, or other soft surface.
- ✗ Not in a car seat, baby swing, or bouncer.
- ✗ Not with other adults, siblings, or animals.

Tips for Safer Sleep



#### Breastfeed

- Breastfeeding may reduce my risk of SUID.

#### Let's be roomies!

- I need to sleep in my own crib or bassinet, but in the same room with you for at least the first 6 months.
- Breastfeeding and bonding may be easier and safer if we share a room.
- I want you to know that everyone that looks after me should have a safe place for me to sleep, day or night!



#### Keep me comfortable

- Dress me in the same number of layers of clothing as you, based on the temperature of the room.
- I do not need a hat or blankets!



#### Consider a pacifier

- Using a pacifier may help prevent SUIDs.
- Wait until breastfeeding is going well before offering me a pacifier.
- Avoid pacifiers that attach to my clothing or have stuffed animals attached.



#### Swaddle me

- When done correctly, swaddling can be a good way to calm me and help me sleep.
- Only use a sleep sack with "wings" to swaddle, never a blanket.
- Stop swaddling when I'm 2 months old or once I start trying to roll over by myself.



#### Make time for "tummy time"

- Supervised tummy time helps improve my motor skills and strengthen my head and neck muscles.



#### Protect my future

- Vaccines and regular checkups with the doctor help me stay healthy. Research shows vaccines also lower my risk for SUID.

! Make sure the crib, bassinet, and other infant items that I use are safe!

Check the Consumer Product Safety Commission website for recalls:



ADDITIONAL RESOURCES



Indiana  
SAFE SLEEP PROGRAM  
[www.in.gov/health/safesleep/safe-sleep/](http://www.in.gov/health/safesleep/safe-sleep/)

Every nap. Every sleep.  
**SAFE SLEEP SAVES LIVES.**  
[safesleep@health.in.gov](mailto:safesleep@health.in.gov)



Indiana  
SAFE SLEEP PROGRAM  
[www.in.gov/health/safesleep/safe-sleep/](http://www.in.gov/health/safesleep/safe-sleep/)

My Safe Sleep ABC's

Alone, on my Back, in a Crib.