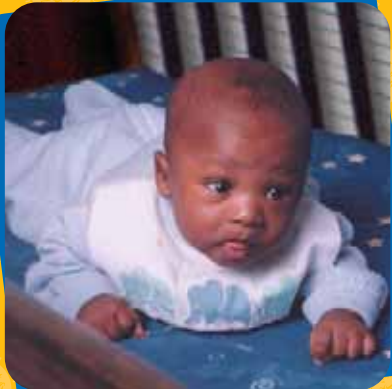


STOMACH



TO PLAY

BACK



TO SLEEP

Help Reduce Your Baby's Risk of Crib Death or Sudden Infant Death Syndrome (SIDS)

Before the Baby is Born

- Quit smoking
- Don't breathe secondhand smoke
- Avoid alcohol and drugs
- Get medical care during your pregnancy
- Prepare a safe sleeping place for your baby
- Create a smoke-free home
- Let family members know how they can help keep baby safe

When Baby is Awake

- Put baby on the stomach to play and for exercise - to help the neck, arm, and shoulder muscles grow strong for baby's healthy development

For More Information

about SIDS or for help with the baby in your family call:

1-800-FOR-BABY
or

1-800-367-2229

NC Family Health Resource Line
Information and Support within Your Reach
TTY for the hearing impaired 1-800-976-1922

After the Baby is Born

Safe Sleep Tips:

- Put your baby on the back to sleep for naps and at night - it's safe, does not cause choking, and is comfortable
- Use a firm mattress for baby's crib - avoid waterbeds, beanbag chairs, and sofas
- Baby should sleep in his or her own crib
- Keep pillows, comforters, soft blankets, stuffed animals and toys out of the crib

Other Tips:

- Do not let anyone smoke near your baby
- Keep baby and the room temperature comfortable (68° - 75°F) - not too hot
- Breastfeed your baby

Prepare For Child Care

- Make it easier for your baby to sleep on his back
- Know the *Safe Sleep Policy*

Share these tips with others who care for your baby

The advice about sleep position is for healthy babies. Talk to your doctor or nurse if you have questions.

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