

Safe Sleep Guidelines For Parents

To keep an infant safe while sleeping, parents should:

- **Provide a separate but nearby sleeping environment**, meaning: babies should share a **room** with their parents, but **not a bed**. The risk of **SIDS** (Sudden Infant Death Syndrome) is less when an infant sleeps in the same room as the mother, but more when the baby sleeps in the same bed.
- **Never put your baby to sleep on a couch or a chair**. Put your baby to sleep in a crib, bassinet or Pack 'N Play® that meets the safety standards.
- **Make sure that the only item in the crib is a mattress, covered by a tight-fitting sheet**. No pillows, bumper pads, blankets or toys.
- **Put your baby to sleep on his/her back**. Babies who sleep on their backs are safer. Dress your baby in a one-piece sleeper to keep him/her warm in winter.
- **Keep the room at a temperature that is comfortable for the whole family**. But your house should not be too warm.
- **Never smoke in a house where an infant or child lives**.

The American Academy of Pediatrics Task Force says that bed-sharing, as done in the US and other Western countries, is more dangerous than the infant sleeping on a separate sleep surface. It is strongly urged that infants not share a bed with adults. Infants may come into bed for nursing or comforting, but should be put back in their own safe space to sleep when the parent is ready to go back to sleep. A baby should never be brought into a bed if the parent is very tired or using medications or other things that could affect his or her alertness.

In Milwaukee, a leading cause of infant mortality is SIDS (Sudden Infant Death Syndrome). **The majority of babies who died of SIDS-related causes in Milwaukee were in an unsafe sleep situation.**

For more information, you may call the City of Milwaukee Health Department at **414-286-8620** or go to the following website:
<http://www.milwaukee.gov/safesleep>



Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health

www.milwaukee.gov/health