



# safe sleep missouri

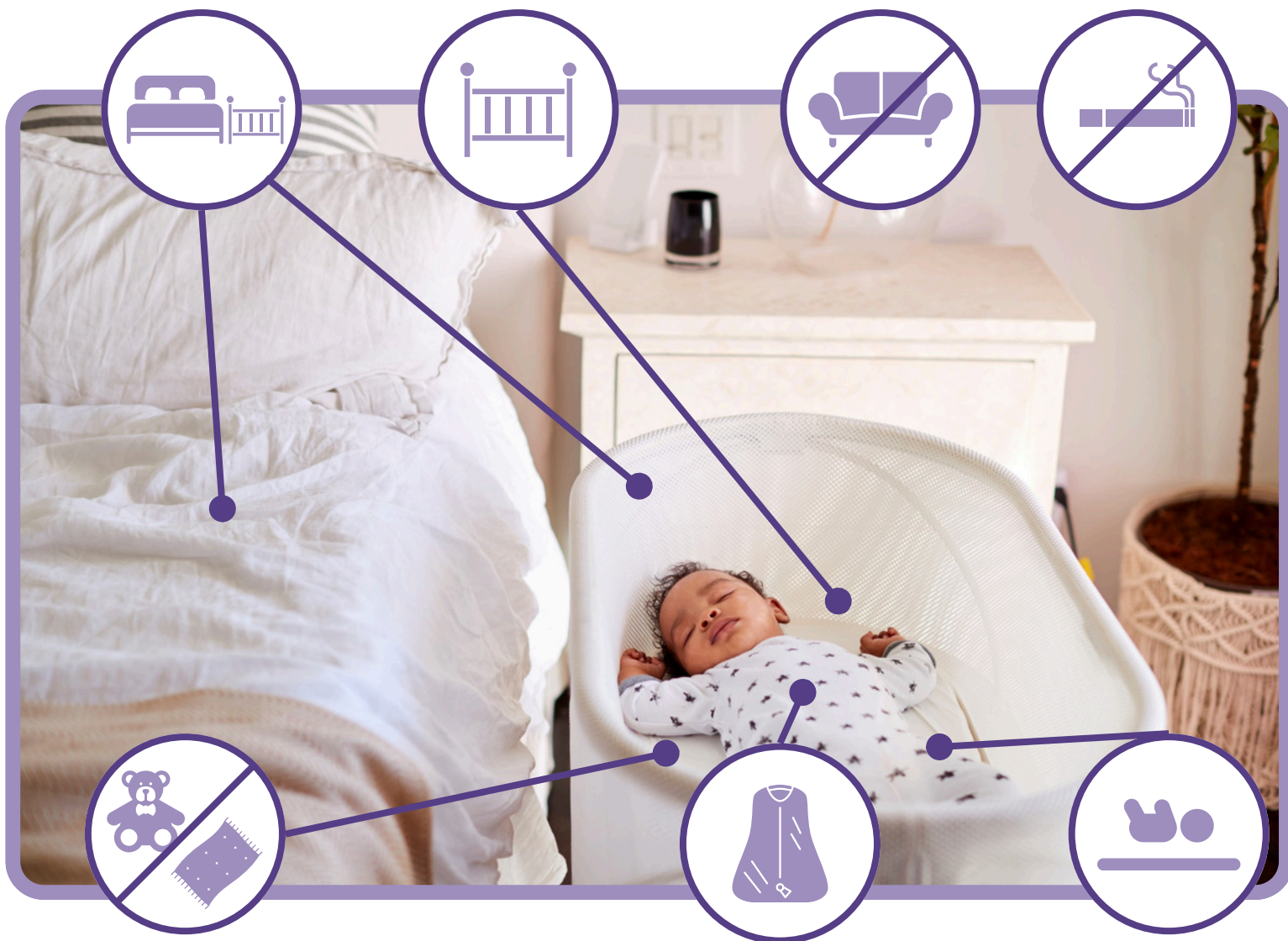
## What does a **SAFE SLEEP ENVIRONMENT** look like?

Baby's sleep area is in the same room, next to where the parent sleeps.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib,\* covered by a fitted sheet.

Baby should **not** sleep or nap in an adult bed, on a couch, or on a chair, even if an adult is present.

Do **not** smoke or let anyone else smoke around your baby.



Do **not** put pillows, blankets, crib bumpers, soft objects and toys in your baby's sleep area.

Dress your baby in sleep clothing, such as a sleep sack, pajamas or a onesie. Make sure nothing covers their head.

Always place your baby on his or her back to sleep, for naps and at night.

# The ABC's of *Safe Sleep*



Babies sleep safest when...

## ***They sleep ALONE:***

- Without blankets, stuffed animals or items in or on the crib
- Sharing a room, but not a sleep surface with any person or pet

## ***Common Questions***

### **Will my baby be cold if they are sleeping in their crib?**

Dress your baby in a wearable blanket or sleep sack. Your baby should be comfortable in only one layer more than what you're wearing.

### **My mother co-slept with me, why shouldn't I co-sleep with my baby?**

In the past, many sleep-related injury deaths were thought to be caused by SIDS, a natural cause of death. Now we know that many babies die from accidental suffocation while sleeping in unsafe spaces — especially when sharing a bed with another person.

### **How can I breastfeed my baby in the middle of the night if I shouldn't bring them into the bed with me?**

We encourage you to have your baby's crib or bassinet right next to your bed. Although you may bring your baby into your bed for feeding or for comfort, it is important to place your baby back in their own crib before you fall asleep.

### **Can I use my baby's car seat or swing for a safe place for them to sleep?**

No. Your baby cannot lay flat in a car seat or swing and their heads could tip forward. This can block their airways and cause them to suffocate.

## ***On their BACKS:***

- Always place baby on his or her back at all naps and sleep times
- Babies are less likely to suffocate if they spit up while on their backs
- Sleeping on their backs also prevents "re-breathing"

## ***In a CRIB:***

- Your baby's crib, bassinet, portable crib, and/or pack n' play should only contain a fitted crib sheet
- If your baby falls asleep in a bouncer or car seat, move them to a safe sleep location as soon as possible

Visit [safesleep.mo.gov](https://safesleep.mo.gov) for more information

