

# Safe Sleep for Babies

SUIDS (Sudden Unexpected Infant Death Syndrome) is when a baby dies in their sleep. Some SUIDS may be caused by suffocation in an unsafe sleep environment, and some are SIDS (Sudden Infant Death Syndrome) - when an investigation does not find a definite cause.

The **American Academy of Pediatrics (AAP)** has issued guidelines for safe sleep in order to reduce the risk of sudden infant death.

## While it is impossible to eliminate all risk, the AAP recommends:

- Breastfeed as much, and for as long, as possible.
- Have your baby sleep in your room, but not in the same bed.
- Place your baby to sleep on a firm surface on their back and keep soft objects out of the sleep area, including pillows, comforters and bumper pads.
- Do not let your baby get too hot; use a sleep bag rather than loose blankets.
- Keep your baby away from cigarette and other smoke.
- Offer a pacifier at nap and bed times once breastfeeding is going well and baby is 3 - 4 weeks old.
- Have your baby receive immunizations.
- Do not use cardiorespiratory monitors to reduce the risk of SIDS, or any special products that claim to reduce the risk of SIDS.

**Recommendations to avoid bed sharing have the potential to interfere with breastfeeding.** Babies wake at night to feed, or for comfort, and mothers are tired. When a baby wakes at night, mothers often find it convenient to bring their baby into their bed so everyone gets more sleep.

## What is a parent to do?

Know what the safe sleep guidelines are so that you and your baby can get the sleep that you both need in a manner that is as safe as possible. It is impossible to eliminate all risks for your baby.

## What All Parents Should Know:

- **BREASTFEED if at all possible.**
- **Have your baby sleep in your room.**
- **If you formula feed, smoke, drink alcohol, or use prescription pain medications or street drugs, do NOT share your bed with your baby.**
- **NEVER sleep with your baby on a sofa or in a recliner.**
- **Do not swaddle your baby if they are in bed with you, and do not swaddle your baby past two months (once your baby is able to roll over).**

MilkWorks



Community  
Breastfeeding  
Center

5930 S. 58th Street  
(in the Trade Center)  
Lincoln, NE 68516  
(402) 423-6402

MilkWorks O  
10818 Elm Street  
Rockbrook Village  
Omaha, NE 68144  
(402) 502-0617

For additional  
information:



[www.milkworks.org](http://www.milkworks.org)