

what else can I do to keep my baby safe & healthy?

- ✿ Make sure whoever takes care of your baby has a safe place for the baby to sleep and knows to put baby on his or her back to sleep.
- ✿ Breastfeeding is best for babies. Breast milk helps protect babies from some infections.
- ✿ Babies should have time on their tummies while awake and supervised. This helps babies to learn and grow stronger.
- ✿ Touching, talking to, reading to, and playing with babies helps their brains to develop.
- ✿ Babies need regular child health check-ups, including immunizations.
- ✿ Don't let people smoke around your baby.
- ✿ Don't let your baby get overheated. Keep the room temperature comfortable for a lightly clothed adult.



DH 150-732,7/03 Stock Number: 5730-732-0150-1

For more information about additional resources in your community call the Family Health Line: 1-800-451-2229

or your local county health department.

If you need help or have questions about safe sleep, contact:



Florida Department of Health

all babies need a safe place to sleep

know which places are safe & which are dangerous

3 things you need for your crib— a firm mattress, a tight fitting sheet & your beautiful baby

babies are safest when sleeping:

- ✿ On their backs.
- ✿ On a firm mattress in a safety approved crib.
- ✿ On crib sheets that fit tightly over the mattress.
- ✿ With no loose blankets, quilts, or comforters.
- ✿ With no pillows, soft toys, or stuffed animals.
- ✿ In a smoke-free home.
- ✿ Only with a light blanket when it's cold. Tuck the blanket into the bottom and sides of the crib. The blanket should only come up as high as the baby's chest.

babies are not safe when sleeping on:

- ✿ Sofas.
- ✿ In cushioned chairs or recliners.
- ✿ On pillows.
- ✿ On air mattresses.
- ✿ On bean bags.
- ✿ On waterbeds.

adult beds are dangerous for babies

- ✿ Babies can suffocate when sleeping on soft surfaces.
- ✿ Babies can be smothered by blankets, comforters, and pillows.
- ✿ Babies can get trapped between the bed, the wall, or the frame and be unable to breathe.
- ✿ Babies can suffocate when another child or adult rolls over on them.
- ✿ Babies can roll off of adult beds and be injured.
- ✿ The safest place for babies to sleep is in their own cribs.

what if I want to be close to my baby at night?

Room sharing is a great way to be close to your baby and keep your baby safe while you are sleeping. Place the baby in a baby-safe bed or crib next to your bed. The baby will know you are nearby and you will be able to sleep comfortably.

your baby should not be in the same bed with a sleeping adult who:

- ✿ Is a smoker.
- ✿ Is excessively tired or ill.
- ✿ Has used alcohol or drugs.
- ✿ Has taken medicine that causes drowsiness.
- ✿ Is excessively overweight.



Thanks to the Tallahassee Pediatric Foundation for their help with the writing and production of this brochure.