

Safe Sleep for Babies



Always place your baby
on his or her back for
naps and at bedtime.

Oregon
Health
Authority

PUBLIC HEALTH DIVISION
Maternal and Child Health Program

Facts about SIDS

(Sudden Infant Death Syndrome)

- In Oregon, about 40 babies die in their sleep every year.
- The most important thing you can do for your baby's health is to quit smoking. For help, call the Oregon Tobacco Quit Line at 1-800-784-8669 or online at www.quitnow.net/oregon.
- Breastfeeding reduces your baby's risk of SIDS.

Some parents choose to sleep with their baby. It can be unsafe to sleep with your baby if:

- Your baby is less than 12 weeks old.
- Your bed has pillows, quilts, or comforters.
- You share the bed with pets or other children.
- You or your partner:
 - Smokes
 - Has taken drugs, alcohol, or medications that make you sleepy
 - Are very tired or suffer from extreme exhaustion.

To make sure your baby is as safe as possible:

- Put your baby to sleep on his or her back.
- Make sure no one smokes around your baby.
- Breastfeed your baby.
- Put your baby to sleep in the room where you sleep.
- Remove soft fluffy bedding, pillows, stuffed toys and bumper pads from your baby's sleep area.
- Avoid placing your baby to sleep on soft things like couches or upholstered chairs, waterbeds, beanbag chairs, quilts or comforters.
- Talk with grandparents and other caregivers about this safe sleep information.

**Face up
Face clear
Smoke-free
Baby near!**

Please talk to your health care provider about any concerns you may have.

**Contact for more information 971-673-0262
Visit Babies First! Safe Sleep for Babies at
www.healthoregon.org/safesleep.**

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