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

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.