Newborns Sleep
20 Hours A Day.
Make Each Hour Safe.

Look inside for safe sleep tips for parents and caregivers.

For information about Sudden Infant Death Syndrome contact:
The SIDS Center of New Jersey
1–800–545–7437
or
National Institute of Child Health & Human Development
“Back to Sleep” Campaign
1–800–505–CRIB

If you are feeling stressed out, call to speak anonymously with a trained volunteer who can listen and help:
Family Helpline
1–800–THE KIDS

Safe Sleep For Infants
When You Lay Me Down To Sleep, Make Sure Sleep Time Is A Safe Time...

New Jersey Department of Children and Families

www.nj.gov/dcf
Safe Sleep Tips

• Place baby on his or her back to sleep.
• A baby’s own sleeping environment is the safest. Place baby to sleep in a crib, bassinet, or Pack ‘n Play.
• Sleeping with your baby is unsafe; you can accidentally roll onto and suffocate your baby.
• Bed sharing is especially dangerous if an adult is tired or has taken drugs, alcohol, or medication that makes them drowsy.
• Adult beds are unsafe; baby can get trapped between the mattress and wall, headboard, footboard, and between pillows and comforters.
• It is unsafe for baby to sleep on a couch, with or without adult supervision.
• Breastfeeding is important to baby’s health; BUT place baby in a safe sleep environment when finished breastfeeding. Offer a clean pacifier at sleep time.
• Babies need “tummy time” for normal development, BUT only when they are awake and interacting with mom, dad, or another adult caregiver.

Important Things To Know

• Provide a smoke-free environment for baby.
• Never lay baby to sleep on any type of pillow in any position, especially for babies under one.
• Keep baby’s sleeping environment clear of soft materials, including pillows, quilts, comforters, blankets, bumpers, and stuffed toys.
• Use appropriately sized sleep garments for baby. Avoid sleepwear with strings or ties.
• Never lay baby to sleep near appliances, toys, or dangling items. Examples include window treatment cords, wires for electronics, and extension cords.
• Babies should never sleep with a hot-water bottle or electric blanket, next to a radiator, heater, or fireplace, or in direct sunlight.
• Do not over bundle baby. Bedroom temperature should be comfortable; not too warm.
• Bring baby to the pediatrician for all well-visits and stay up to date with immunizations.

Safe Sleep Saves Lives!

Share these tips with anyone who cares for your baby.