



Create a **SAFE** Sleep Environment

www.dhs.georgia.gov/safe-sleep



SAFETY TIPS:

- Always place babies on their backs when putting them to sleep
- Use a firm sleep surface for routine sleep
- Remove pillows and soft or fluffy objects
- Use a pacifier when putting your baby to sleep
- Consider sleeping in the same room but NOT in the same bed
- Avoid covering your baby's head
- Avoid using wedges or positioners

Since the American Academy of Pediatrics (AAP) recommended all babies should be placed on their backs to sleep in 1992, deaths from Sudden Infant Death Syndrome (SIDS) have declined dramatically. But sleep-related deaths from other causes, including suffocation, entrapment, and asphyxia have increased. Each year, 800 to 1,000 children die due to choking or suffocation injuries. Both the American Academy of Pediatrics (AAP) and the U.S. Consumer Product Safety Commission (CPSC) advocate against co-sleeping.



Additional resources can be found at:
<http://www.nichd.nih.gov/SIDS/>