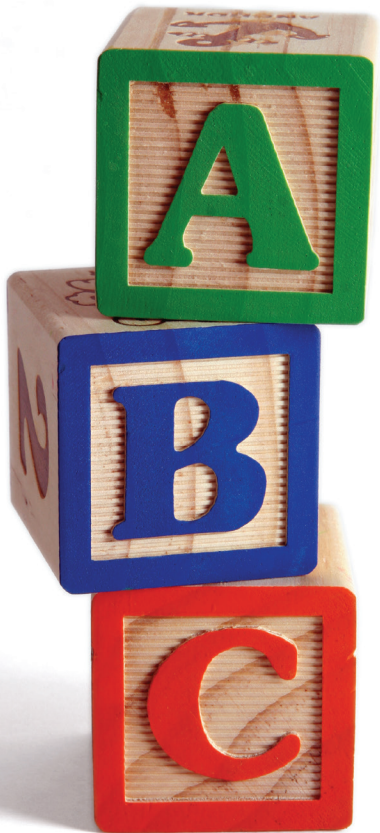


Safe Sleep Recommendations



The “ABC’s” of Safe Sleeping for Your Baby.

Alone: Do not sleep with your baby. Also, avoid overheating with clothes or too warm of an environment.

Back: Babies should be positioned sleeping on their backs. When babies are placed on their sides or stomachs, they are at an increased risk for Sudden Infant Death Syndrome (SIDS).

Cribs: Cribs should be cleared of all objects that could harm or suffocate the infant. Keep bumper pads, stuffed animals, blankets and loose items out of the crib.

Practice Safe Sleep

Don't Let This Happen to You

Why are newborns at risk for injury?

- After feeding and cuddling it's easy to fall asleep with your baby in your arms.
- Parents of newborns are often exhausted.
- Pain medication usually makes you tired.



SUFFOCATION



STRANGULATION



FALLS

Don't Sleep in Bed with Your Baby!



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