



AAP Safe Sleep Guidelines

Create a Safe Sleep Environment for Baby



DALLAS MOMS™

Back to Sleep

Babies should always be placed on their back to sleep.

Share a Room

Babies should share a bedroom with parents, not the same sleeping surface, preferably until baby turns 1, but at least for the first 6 months. Babies should never sleep on couches or armchairs.

Sleep Space

The crib should be located well away from curtains, dangling cords, or window blind cords. No crib tents.

Firm Sleep Surface

Baby should always sleep on a firm sleep surface, such as crib, play yard, or bassinet, that meets the safety standards of the CPSC with a tight fitted sheet. Nothing should be under the sheet or mattress, such as positioners or wedges. The mattress should not be elevated.

Swaddle

Swaddles are advised through 8 weeks of age, as long as baby is on their back and the swaddle does not overheat baby. When baby exhibits signs of starting to roll, the swaddle **must** stop.

Other Sleep Spaces

Baby should not sleep unsupervised in car seats, strollers, swings, or infant carriers. Babies under 4 months are most at risk for potential asphyxiation. Do not place car seat in the crib.

Avoid Overheating

Don't let baby get too hot during sleep. At most, a baby should only wear one more layer of clothing than an adult would wear to be comfortable.

Rolling

Baby must be able to roll both directions before it is okay to allow them to remain in the sleep position she/he assumes.

Your baby's sleep environment can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of death, such as suffocation.

Reduce the risk of SIDS and other sleep related causes of infant death by **creating a safe sleep environment** for your baby.



Pacifier

The pacifier is a protective factor vs. a risk factor. Consider offering a pacifier at nap time and bedtime, after 1 month of age, and breastfeeding is well established, to calm baby. No pacifier clips or strings to avoid suffocation or strangulation. The pacifier does not need to be replaced if it falls out.

Bare Crib

Baby's sleep space should be completely empty aside from a fitted sheet and a firm mattress. No loose bedding, stuffed animals, soft objects.