

## It's not worth the Sacrifice!



Per the American Academy of Pediatrics the safest place for your baby to sleep is alone in their own crib with a firm mattress and tightly fitted sheet and on their back in a smoke-free environment. Any other sleeping environments would be considered unsafe.

For more information on safe sleep or in need of a crib, please contact:

**Cribs for Kids**  
450 Edison Way,  
Reno, NV. 89502  
(775) 858-5700,  
ext. 3139

### Resources

[www.safekidswc.com](http://www.safekidswc.com)

[www.cribsforkids.org](http://www.cribsforkids.org)

[http://wemakeitsafer.com/  
Cribs-Toddler-Beds-Recalls](http://wemakeitsafer.com/Cribs-Toddler-Beds-Recalls)

[http://www.cpsc.gov/en/  
Safety-Education/Safety-  
Education-Centers/cribs/](http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/)

[www.aap.org](http://www.aap.org)



## Frequently Asked Questions About Safe Sleep Positions for My Baby!?



# Frequently Asked Questions about Sleep Position

## **Q. Why should I put my baby on his or her back to sleep?**

**A.** The American Academy of Pediatrics recommends it as the safest sleep position for babies. Babies are much less likely to die from Sudden Infant Death Syndrome (SIDS) if they sleep on their back for naps and at night. Also, babies put on their backs can move their arms and legs and look around more easily.

## **Q. I was put to sleep on my stomach. What is wrong with my baby sleeping on his or her stomach? What if my baby seems to sleep more comfortably on his or her stomach?**

**A.** Many of us were put to sleep on our stomachs and we had no problems. But many babies died. We have no way of knowing which babies will die of SIDS, but we do know that the easiest (and most helpful) ways to lower the chances of SIDS is to put babies on their backs to sleep. As more babies have been placed on their backs to sleep, the numbers of babies dying from SIDS has lessened by 50% as compared to the 1990's. Your baby's safety is most important. Babies put on their backs to sleep get used to sleeping in that way. The earlier you put your baby on his or her back to sleep, the more quickly he or she will get used to it.

## **Q. Won't my baby choke if he or she vomits or spits up while sleeping on his or her back?**

**A.** Babies will naturally swallow or cough up anything they vomit or spit up. It is a response to make sure the airway stays open. Babies who sleep on their backs are better able to swallow or cough up anything vomited or spit up because the way the body is built.

Studies show no greater chance for choking or other problems in babies who sleep on their backs.

## **Q. Can my baby sleep on his or her side?**

**A.** Babies sleeping on their sides are more likely to fall or roll onto their stomach. Side sleeping is not as safe as back sleeping and is not recommended.

## **Q. What if my baby's grandparents or babysitter want to put my baby to sleep on his or her stomach for naps?**

**A.** Talk about safe sleep with everyone who cares for your baby. Babies who are used to sleeping on their backs are seven to eight times more likely to die from SIDS if they are put on their stomachs to sleep. Make sure everyone puts your baby on his or her back to sleep every time.

## **Q. Bumper pads, pillows and blankets keep my baby warm and comfortable. Why can't I use them?**

**A.** Anything extra in the crib can raise the chances of injury and smothering (suffocation). The crib should have only a firm mattress and fitted sheet. Extra things like blankets, pillows, pads or toys can be dangerous if your baby's head becomes covered when he or she is asleep. Use light sleeping clothing for your baby instead of a blanket.

## **Q. Can I sleep with my baby? I heard that sleeping with my baby is good for breast feeding and bonding.**

**A.** Sharing the same sleep area with your baby, such as a bed or couch, raises the risk of suffocation and other sleep related causes of infant death. Instead of bed-sharing, room share. Keep your baby's own sleep area in the

room where you sleep. Hold your baby for feeding and soothing, but place the baby back in his or her own sleep space. Your baby will get used to sleeping in his or her own space. Sleep time is for sleeping, not bonding.

## **Q. My baby always cries when I put my baby to sleep in his or her crib. Why can't my baby sleep with me if it helps them stop crying?**

**A.** It may take a few days, but your baby will get used to sleeping in his or her own space. Sharing the same sleep area with your baby, such as a bed or couch raises the risk of suffocation (smothering) and other sleep related causes of infant death. **The most important thing is your baby's safety.** You can place a hand on them or gently pat or rub them, but they should be in their own space to sleep. It is best to put your baby in his or her own sleep space from the very beginning.

## **Q. How do I know if my baby's crib is safe or been recalled?**

**A.** There are a few websites that you can visit to ensure that your crib is safe and has not been recalled for a safety reason. 9.9 + million cribs have been recalled, it only takes a minute to check:

<http://wemakeitsafer.com/Cribs-Toddler-Beds-Recalls>

<http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>