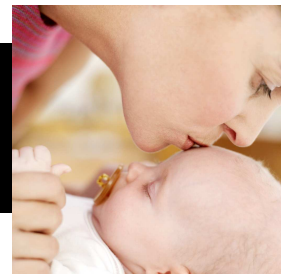


# Got Sleep?



## Safe Sleep Tips for Your Baby

1. Lay your baby down to sleep on a firm crib mattress with a tightly fitted sheet
2. Place your baby to sleep alone, in an uncluttered crib (no bumpers, blankets, pillows, stuffed animals, etc.)
3. The room temperature should be comfortable for a lightly-clothed adult
4. Never let anyone sleep with your baby
5. Place your baby on his or her back every time!
6. Do not smoke around your baby
7. Breastfeeding dramatically reduces the risk of Sudden Infant Death (SIDS)
8. Car seats, swings, bouncy seats, and other similar devices should not be used as sleep environments
9. Avoid falling asleep with your baby in a chair, sofa, or recliner.

## PRACTICE CO-ROOMING, RATHER THAN CO-BEDDING

### Benefits: What Parents Are Saying About Their Baby Sleeping in a Safe Crib...

- "I am able to sleep more soundly knowing that he is safe in his crib"
- "He's learning the skill of sleeping on his own"
- "I have peace of mind"
- "I don't have to worry about rolling on her or my covers wrapping over her head"
- "When he wets through his diaper it's not in my bed"

Getting your baby to sleep can be a challenge for some new parents. Below are some tips to help your baby sleep on their own.

1. **Establish a schedule**—Get your baby on a predictable nap and bedtime schedule. Babies with consistent routines are more likely to sleep for longer stretches.
2. **Set the mood**—Develop bedtime rituals. Create your own nighttime routine which may include a warm bath, rocking, nursing, lullabies, gentle massage, etc.
3. **Swaddle**—Try swaddling your baby with a lightweight blanket or use a sleep sack. Keeping your baby wrapped will provide a feeling of security and comfort.
4. **Bedroom check**—Turn down the lights and make sure the bedroom is at a temperature that is comfortable for a lightly clothed adult. Try playing soft music, relaxing sounds, or turn on a fan for some white noise.
5. **Smooth transition** – When laying your baby down in the crib, gently rest your hand on his or her chest or head for a minute or two to ease the transition from your warm body to the crib.
6. **Consider using a pacifier** – If you breastfeed, wait until your baby is 1 month old or is used to breastfeeding before using the pacifier.
7. **Stay flexible**—The same approach to soothing your baby will not work every time. If one method isn't working, try another. No baby is the same and nighttime temperament may vary greatly from one baby to the next. If frustration occurs, stay calm. Never shake your baby.
8. **Relax** – Take time for yourself to unwind. Your baby can sense your stress and will calm when your tension eases.
9. **Kiss your baby goodnight** – Don't forget to let your baby know how much you love him or her!