

SAFE INFANT SLEEP

ABCs

Alone, on their **B**ack, in their own **C**rib for all sleep times - for naps and at night. Ensure the infant's sleep surface is **firm**.



FALLS

Are the **leading** cause of non-fatal **injury**. There were **10 infant falls** last year alone at LHSC.

FEEDING BABY

Breastfeeding is protective against Sleep-Related Infant Deaths. If you feed baby at night, be sure to **put baby back** in their own crib/bassinet.



SMOKE-FREE ENVIRONMENT

Reduces risk of Sleep Related Death by **50%**. Caregiver(s) who do smoke should do it **away** from their baby. **Change clothes** before handling infant.



TUMMY TIME

Supervised and **awake** tummy time helps your baby develop strong neck muscles. Babies should be put on their **stomachs** while **awake** for **3 to 5 minutes** at a time **2 to 3 times** a day and building up.

NO LOOSE OBJECTS

No **soft objects** or objects that increase the risk injury should be in an infant's crib. No **stuffed animals, toys, pillows** or **bumper pads**.



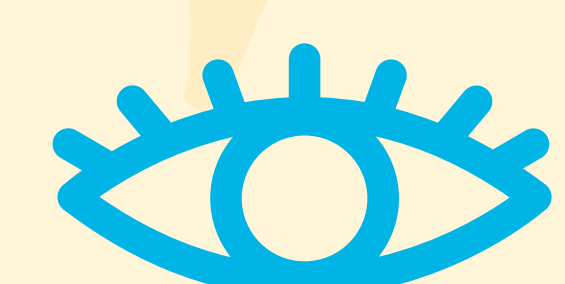
ROOM-SHARING

Having baby's sleep area in the **same room**, on a **separate surface** is recommended for the first **6 months**. **Co-sleeping** (sharing a sleep surface) greatly increases risk of Injury



OVERHEATING

No bulky or heavy **blankets** only a fitted sheet and **1-2 light layers** of appropriately sized clothing.



signs of overheating:

sweating, damp hair, flushed cheeks, heat rash, and rapid breathing.

