

*We want you and your baby to be*  
**healthy and safe**



## Safe Sleep

**There are many things you can do to help lower your baby's chance of a sudden or unexplained death also known as Sudden Infant Death Syndrome or SIDS.**

- Always put your baby on their back when they are sleeping, for naps, and at night.
- Place your baby on a firm mattress. Do not use bumpers, blankets, pillows or place stuffed animals near baby.
- Keep baby's sleep area in the same room where you sleep. Use a safety-approved crib, bassinet or portable play area next to where you sleep.
- Your baby should not sleep in an adult bed, on a couch, or chair alone, with you or with anyone else.
- Do not let your baby get too hot during sleep. Dress your baby in sleep clothing, such as a one-piece sleeper. Do not use a blanket.
- Do not smoke, or allow anyone to smoke around you during your pregnancy. After your baby is born, do not allow anyone to smoke around your baby.
- Teach anyone who cares for your baby about safe sleep.
- Breastfeeding can lower the chances of SIDS – another great reason to breastfeed.



**Always  
remember,  
safe sleep is  
back to sleep**

To learn more about Safe Sleep, please go to: [nichd.nih.gov/sts](http://nichd.nih.gov/sts)



**Questions?** Call Alliance Health Programs  
Monday – Friday, 8 am – 5 pm

Phone Number: **510.747.4577** • Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

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