



## Safe Sleeping Habits



Many parents have questions regarding their new baby and how to keep them safe. When it comes to sleeping, there is a lot of information about safety and the risks associated with sudden infant death syndrome (SIDS).

### Ages 0-12 Months







Below are recommendations to keep your baby safe from the day they come home until their 1st birthday. During this time, your baby's sleep methods will change, so you'll want to make sure you're updating your safety habits as well.






### Room Sharing

-  According to the American Academy of Pediatrics (AAP), your baby's sleep area should be in the same room where you sleep for the first 6 months, or ideally, for the first year.
-  Room sharing can decrease the risk of SIDS by as much as 50% and is much safer than sharing a bed.

### Baby Room Safety

-  A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended for safe infant sleep.
-  Do not place blankets in the baby's crib or on top of the baby. Keep your baby warm by using the appropriate weight sleep wear.
-  Keep the baby's crib free of all small objects that could be swallowed.
-  Do not let strings or cords dangle anywhere near the crib.
-  Remove any teething necklaces from the baby's neck prior to sleeping.
-  Be sure to choose a sturdy changing table with a 2-inch guardrail around all four sides to prevent falls. Never leave your baby alone while on the changing table.

### Co-Sleeping

-  Your baby should always sleep alone in their crib — no siblings or animals should be in the crib with them.
-  Only bring your baby into your bed to feed or comfort. If you begin to feel tired or the baby falls asleep, put them in their own bed.
-  Never place your baby on a couch, sofa, armchair, or on top of an adult to sleep due to the risk of suffocation or falling.



## Safety Alert!

In the United States, approximately 3,500 infants die annually from sleep-related infant deaths, known as sudden infant death syndrome (SIDS) and sudden unexpected infant death (SUID). Until your baby reaches their first birthday, remain cautious.



## Ages 1-3 Years

Toddlers are very curious. You might find that your child is climbing or attempting to climb out of their bed at night, which can be dangerous. If you have lowered your child's crib and they are still maneuvering around the raised rails, it is probably time for a big-kid bed!

### Crib-to-Bed Transition

This transition can be difficult, but it can keep your child safe — especially if they are climbing out of the crib!



If your child tends to be active in their sleep, you might look at toddler beds that are lower to the ground and have guard rails. This will hopefully prevent any falls.



If possible, avoid bunk beds. Even if your toddler intends to sleep on the bottom bunk, there might be too much temptation to climb to the top!



To make the transition a bit smoother, try removing the crib and position the new bed in that vacant spot. Falling asleep and waking up to familiar sights in your child's room will help provide your toddler with a sense of comfort and familiarity.

#### References:

- American Academy of Pediatrics (2019). Make baby's room safe: Parent checklist. Retrieved 10/03/2019 from <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Make-Babys-Room-Safe.aspx>
- St. Louis Children's Hospital [resource page] (n.d.). Tackling the toddler crib-to-bed transition. Retrieved 10/21/2019 from <https://www.stlouischildrens.org/health-resources/pulse/tackling-toddler-crib-bed-transition>
- Task Force on Sudden Infant Death Syndrome (2016). SIDS and other sleep-related infant deaths: Updated 2016 recommendations for a safe infant sleeping environment. *American Academy of Pediatrics*, 138(5), 1-12. DOI:10.1542/ped.2016-2938

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!