

HOW TO KEEP YOUR BABY SLEEPING SAFELY



VERY FEW THINGS ARE NEEDED FOR A BABY TO BE IN A SAFE PLACE TO SLEEP. THE AMERICAN ACADEMY OF PEDIATRICS (AAP) RECOMMENDS –

- ▶ Placing your baby on its back on a mattress which is firm and has a tight-fitting sheet.
 - Visit U.S. Consumer Product Safety Commission (CPSC) at www.cpsc.gov to learn about the safety requirements of baby items.
- ▶ Removing other items from the crib, bassinet or playard.
 - Pillows, toys, blankets, sheepskins and other loose items can block your baby's nose or mouth, and may cause choking or suffocation.
- ▶ Sharing a bedroom with your baby, but not the same sleeping space, for at least six months, ideally until your baby turns one year old.
 - Room sharing, with your baby on his / her own sleeping surface, decreases the risk of Sudden Infant Death Syndrome (SIDS) by at least 50 percent.
- ▶ Avoid exposing your baby to smoke, alcohol and other drugs.

RESOURCES

Health and safety are very important. For more information visit –

- **American Academy of Pediatrics**
www.AAP.org/en-us/about-the-aap/Committees-Councils-Sections/Child-Death-Review/Pages/Safe-Sleep.aspx
- **March of Dimes**
www.marchofdimes.org/baby/safe-sleep-for-your-baby.aspx
- **Consumer Product Safety Commission (CPSC)**
www.cpsc.gov

CONTACT US

- ▶ **Customer Service:** (800) 362-3310
- ▶ **Deaf, hard of hearing or speech impaired?** Call TTY / TDD: 711 or (800) 877-8973
You may also call through a video relay service of your choice.
- ▶ **Interpreter services:** Provided free of charge.
- ▶ Go to **QuartzBenefits.com/healthtopics** and enter “Babies’ Sleep Position” in the search bar.