



Back To Sleep

Patrick is finally back to sleep! He was fussy for a while, but now he's sleeping just fine.

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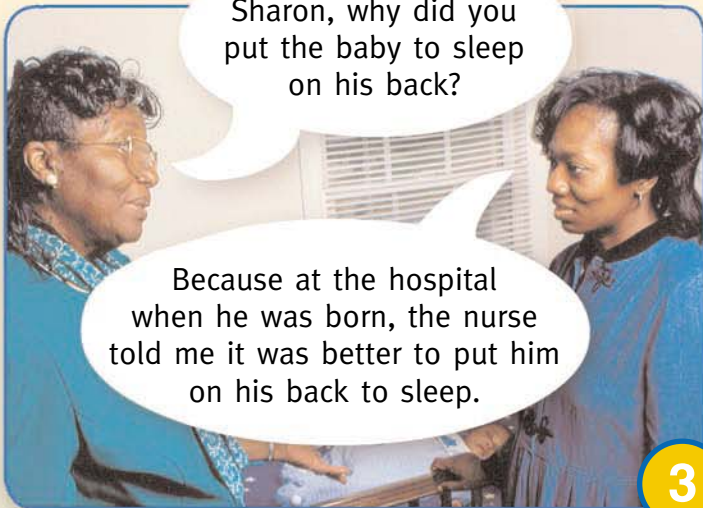
1

Now why is my grandbaby sleeping on his back?



2

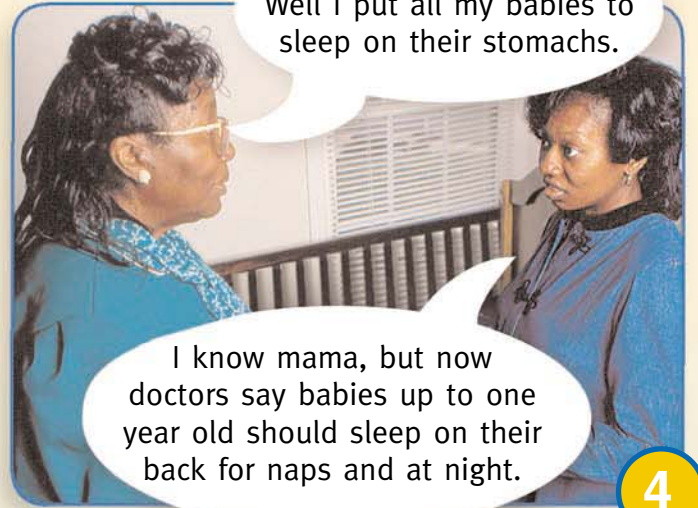
Sharon, why did you put the baby to sleep on his back?



3

Because at the hospital when he was born, the nurse told me it was better to put him on his back to sleep.

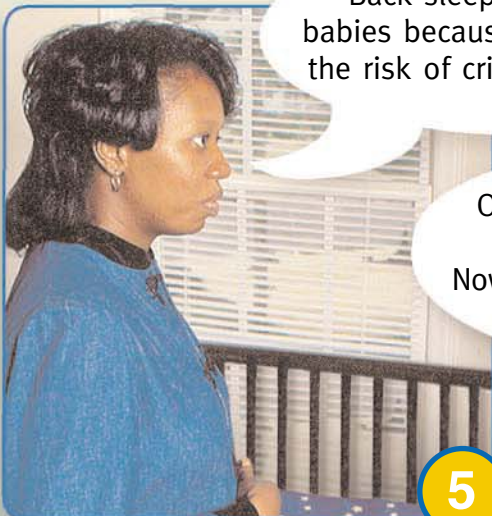
Oh yeah...? Well I put all my babies to sleep on their stomachs.



4

I know mama, but now doctors say babies up to one year old should sleep on their back for naps and at night.

Back sleeping is safer for babies because it cuts down on the risk of crib death or SIDS.*



5

OK, OK, I got it. Put babies on their back to sleep. Now Sssshhh. I don't want you to wake my grandbaby.



6

To find out more ways to keep the babies in your family or child care safe, see the tips on the other side of this page.

*Sudden Infant Death Syndrome



MOMS, DADS AND GRANDPARENTS!
 There are some simple things you can do to help reduce the risk of crib death or SIDS for the babies in your family.

BABY TALK

- Q:** My baby is 3 months old. Should I still put her to sleep on her back?
- A:** Yes. Babies should be put on their back to sleep up to one year old.
- Q:** I put my baby to sleep on his back at night, but for naps I put him on his stomach. Is that okay?
- A:** Put your baby to sleep on his back every time to help reduce the risk of SIDS.
- Q:** Some babies get flat spots on the back of their heads from being on their backs. I don't want that to happen to my baby! What should I do?
- A:** From time to time, turn your baby's head to the side a little when he is sleeping on his back. When your baby is awake, put him on his stomach to help prevent those flat spots.
- Q:** Should I let my baby sleep in bed with me?
- A:** No, it is safest for your baby to sleep in his own crib. The baby could suffocate on pillows or bedding, over-heat, fall or get trapped between the mattress and bed frame. Put your baby in a crib or a bassinet in your room instead.

BABY CARE TIPS

- Help your baby breathe easier. Don't let anyone smoke near your baby.
- Keep pillows, soft bedding, beanie babies, stuffed animals and dolls out of the crib.
- Always use a firm mattress for your baby's crib.

★ REMEMBER

"Stomach to Play-Back to Sleep"

When your baby is awake, put him on his stomach to play and for exercise. This will help his neck, arms and shoulder muscles grow strong.



PREPARE FOR CHILD CARE

Teach your baby safe sleep habits from the beginning to make sleep-time in child care easier.

North Carolina childcare rules require:

- the back sleep position for babies 12 months of age or younger
- baby's head remains uncovered when sleeping
- tummy time for awake babies
- a written safe sleep policy signed by parents

For information about SIDS call the **NC Family Health Resource Line**
1-800-FOR-BABY (1-800-367-2229)



The NC Back to Sleep Campaign is part of the FIRST STEP Campaign, an ongoing statewide initiative to reduce infant mortality. The initiative is a partnership between the Women's and Children's Health Section of the N.C. Division of Public Health and the North Carolina Healthy Start Foundation.

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