



# sweet dreams

## SAFE SLEEP FOR BABIES

### Suffocation is the leading cause of injury deaths among infants in Virginia.

- Always put your baby to sleep on the back, not the stomach.
- A safety-approved crib with a firm tight-fitting mattress and tight-fitting bottom sheet is the best place for baby to sleep.
- Babies placed on adult beds risk suffocation from several hidden hazards such as:
  - Entrapment between bed and wall.
  - Entrapment involving the bed frame, headboard or footboard.
  - Falls from adult beds onto piles of clothing, plastic bags or other soft materials resulting in suffocation.
  - Suffocation in soft bedding (such as pillows, thick quilts and comforters).
- Make sure crib has no loose or missing slats. Make sure slats are spaced no more than 2 $\frac{3}{8}$  inches apart to avoid head entrapment/strangulation.
- Never put a crib, childbed or furniture near windows. Children can strangle on window cords or can fall through screens.
- Remove quilts, comforters, pillows, and other fluffy bedding and toys from baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Be sure your baby's head and face stay uncovered while he or she sleeps.
- Explain these safe sleep guidelines to other relatives and friends who may attend to your baby.

