

# Sleep Safe



**Dads today spend triple the amount of time caring for their children than dads did 50 years ago.**

Making sure dads with infants know how to reduce the risk of **Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death** is more important than ever.

**Dads everywhere** can keep baby safe during sleep in the following ways:

# 1

**Always place baby on his or her back to sleep, for naps and at night.**

This is the most effective way to reduce the risk of SIDS.

Babies are less likely to choke if placed on their backs to sleep, even if they throw up or drool while sleeping.



# 2

**Share your room with baby.**

Keep baby in your room, close to your bed, but on a separate sleep surface designed for infants, ideally for baby's first year, but at least for the first 6 months.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



# 3

**Use a firm and flat sleep surface—such as a mattress in a safety-approved crib\*—covered by a fitted sheet.**

Remove all bumpers, blankets, loose bedding, and soft items from the sleep area.

Do not use car seats, strollers, baby carriers, swings, or other sitting devices as baby's routine sleep area.

\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.



Learn how dads and all caregivers can create a safe sleep environment for baby:

<http://safetosleep.nichd.nih.gov>.



Sources: Parker, K. and Livingston, G. 6 facts about American fathers. *Pew Research Center*, 2017

Technical Report of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome.