



# Healthy Native Babies Project Safe Sleep Messages Activity

A Collaboration Between the *Healthy Native Babies Project* Workgroup  
and the *Eunice Kennedy Shriver* National Institute of  
Child Health and Human Development (NICHD),  
National Institutes of Health (NIH)





# Safer Sleep for Babies

**Q1: How do you make sleep safer for babies?**





# Safe Sleep Environment

**A1: By providing a safe sleep environment that addresses these issues:**

- **Sleep position**
- **Sleep location**
- **Sleep surface**
- **Sleep area**
- **Sleep temperature**



# Sleep Position

**Q2: How should a baby be placed to sleep?**





# Sleep Position

**A2: ALWAYS on his or her back.**

**A baby should ALWAYS be placed on his/her back (face up) when resting, napping, sleeping, or while left alone during his/her first year of life. Every sleep time counts!**



# Sleep Location

**Q3: Where should the baby sleep?**





# Sleep Location

**A3: In his or her own sleep area, such as:**

- **Crib**
- **Portable Sleep or Play Area  
(Play yard)**
- **Play pen**
- **Cradleboard**
- **Bassinet**
- **Basket**



# Sleep Location

**Q4: Where should the baby NOT sleep?**







# Sleep Location

**A4: In a place that may be unsafe, such as:**

- **Sofa or chair**
- **Adult bed**
- **Car seat**
- **Couch**
- **Baby carrier**
- **Floor**
- **Waterbed**
- **With an adult, other child, or pet**



# Sleep Location

**Q5: Why should the baby's sleep area be in the same room where others sleep?**





# Sleep Location

**A5: Studies show that room sharing reduces the risk of SIDS and other sleep-related causes of infant death. Research studies have shown that bed sharing can be dangerous, especially in certain situations. A separate sleep area is safest for babies.**

**If parents choose to bed share, make sure they follow other safe sleep practices to reduce the risk of SIDS and other sleep-related causes of infant death.**



# Sleep Surface

**Q6: What kind of a surface should the baby sleep on?**





# Sleep Surface

**A6: The sleep surface should be firm, such as a safety-approved crib mattress, covered by a fitted sheet.**

**Mattresses should ALWAYS fit tightly into the crib's frame and slats should be no more than 2 3/8 inches apart so that baby can't accidentally suffocate.**



# Sleep Area

**Q7: What should NOT be in the baby's sleep area?**





# Sleep Area

**A7: Nothing should be in baby's sleep area! No:**

- **Blankets, comforters, or quilts**
- **Pillows**
- **Bumper pads**
- **Stuffed animals**
- **Toys**
- **Sheepskins**
- **Loose bedding**



# Sleep Area

**Q8: What SHOULD be in the baby's sleep area?**







# Sleep Area

## A8: Nothing but the baby!





# Sleep Temperature

**Q9: What should a baby wear to sleep?**





# Sleep Temperature

**A9: Dress the baby in sleep clothing that is appropriate to room temperature with no more than 1 layer more than what an adult would wear to be comfortable.**



# Breastfeeding

**Q10: Why is  
breastfeeding your  
baby a good idea?**





# Breastfeeding

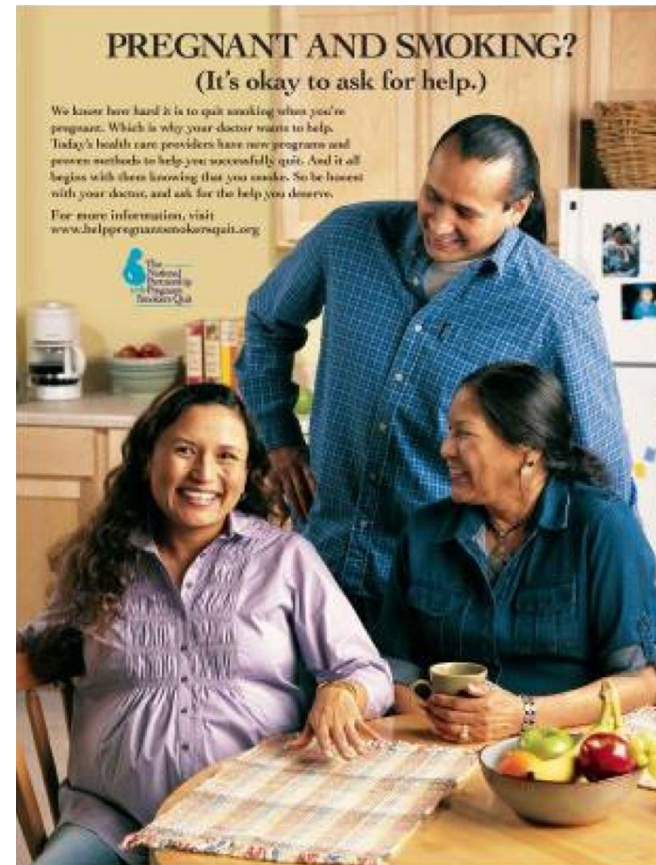
**A10: Breastfeeding offers many benefits such as balanced nutrition, protection against some illnesses, and building blocks for brain development and growth.**

**Breastfeeding also reduces the risk of SIDS.**



# Smoking

**Q11: Why is smoking during pregnancy a problem?**





# Smoking

**A11: Smoking decreases the amount of oxygen the baby gets, both during pregnancy and after the baby is born.**

**Not smoking during pregnancy is one of the most important things a woman can do to lower her baby's risk of SIDS. Don't allow smoking around any baby!**



# Alcohol

**Q12: What problems are associated with using alcohol during pregnancy and when breastfeeding?**







# Alcohol

**A12: Drinking alcohol during pregnancy causes birth defects. Alcohol use during pregnancy also increases the risk of SIDS and other sleep-related causes of infant death. There is no known safe amount of alcohol during pregnancy.**

**Drinking when breastfeeding can damage the baby's growing body systems. Women shouldn't drink when breastfeeding, or they should wait until the alcohol leaves their system before breastfeeding.**



# Pacifier Use

**Q13: Should the baby have a pacifier?**





# Pacifier Use

**A13: Yes. Recent studies show that pacifier use reduces the risk for SIDS. Consider using a clean pacifier when putting the baby to sleep.**

**Don't force baby to take it, and don't reinsert it if it falls out during sleep. If you are breastfeeding, wait until baby is used to breastfeeding before using a pacifier.**



# Safer Sleep

**Q14: Should I use products and home monitors that claim to reduce the risk of SIDS and other sleep-related causes of infant death?**





# Safer Sleep

**A14: No. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety. Do not use home health monitors to reduce the risk of SIDS.**

**If you have questions about using home health monitors for other conditions talk to your health care provider.**



# Tummy Time

**Q15: Why does baby need Tummy Time?**





# Tummy Time

**A15: Tummy Time—for short periods while the baby is awake and when someone is watching—reduces the chance that flat spots will form on the back of baby’s head. Supervised Tummy Time also strengthens neck and shoulder muscles and helps with motor development.**

**Provide Tummy Time when the baby is AWAKE and someone is WATCHING.**



# Spread the word!

**Q16: Who needs to know about safe sleep practices and safe sleep environments?**







# Spread the word!

**A16: EVERYONE! Tell grandparents, babysitters, childcare providers, and other caregivers to always place the baby on his or her back to sleep to reduce the risk of SIDS and other sleep-related causes of infant death. Remember that EVERY SLEEP TIME COUNTS!**

**Make sure everyone who cares for baby knows all the safe sleep practices!**