

Newborns sleep 20 hours a day.
Make each hour safe.

Look inside for safe sleep tips
for parents and caregivers

For information about
Sudden Infant Death Syndrome
contact:

The SIDS Center of New Jersey
1-800-545-7437

or

National Institute of
Child Health & Human Development
“Back to Sleep” Campaign
1-800-505-CRIB

If you are feeling stressed out, call
to speak anonymously with a trained
volunteer who can listen and help:

Family Helpline
1-800-THE KIDS



Department of Children and Families
www.nj.gov/dcf



Make sure that baby's sleep time
is a safe time.

When You Lay Me Down to Sleep...



Photo by Deborah Rauscher · Special Thanks to Model Kristina Rose Kalafsky

SAFE SLEEP SAVES LIVES!

Remember to share these tips with
anyone who cares for your baby.

Safe Sleep Tips

- Place baby to sleep on his or her back.
- The safest place for baby to sleep is in a crib near your bed.
- Research shows that bed sharing (falling asleep with your baby) can be unsafe as adults (or children) can accidentally roll onto baby while sleeping.
- Bed sharing is especially dangerous if an adult has taken drugs, alcohol or medication that makes them sleepy.
- Adult beds are not safe as baby can get trapped between the mattress and wall, headboard or footboard.
- It is not safe for baby to sleep on a couch, with you or alone.
- Breastfeeding and bonding are very important to baby's health. It's okay to nurse baby in bed, but remember to place baby in the crib when it's time to go to sleep.
- Baby can be placed on his or her stomach when awake. Supervised "tummy time" during awake hours allows for normal development.



Important Things to Know!

- Provide a smoke-free environment for baby. 
- Never lay baby to sleep on a pillow. Babies under one year old should never be given a pillow for the head.
- Soft materials can interfere with baby's breathing. Baby should not sleep with pillows, quilts, comforters, heavy blankets, or stuffed toys. 
- Use a wearable blanket or other type sleeper. Use safe sleepwear without strings or ties.
- Never lay baby to sleep near any appliances, toys or household items that dangle, such as window treatment cords, telephone wires, computer extensions, etc.
- Babies should never sleep with a hot-water bottle or electric blanket, next to a radiator, heater, or fireplace, or in direct sunlight.
- Bedroom temperature should not be too warm. Babies should not be overbundled.