Safe Sleep 101:
Learn the 6 Steps to always safe sleep your little one from birth to one year!

What is Safe Sleep?
Safe Sleep refers to the way that parents and caregivers can put their babies to sleep that prevents them from encountering dangers. During your baby's first year there are quite a few things that you can do to help your baby sleep safely and comfortably in your home and allow you to sleep with a little more ease.

Our Six Top Steps for Safe Sleep:

1. Always place your baby to sleep on their back. Sleeping positions on the back can prevent the baby from suffocating or smothering during sleep. Even infants with GERD (gastroesophageal reflux) are safer sleeping on their backs!

2. Your baby's sleeping area should be firm and free of objects, including stuffed animals, toys, and loose bedding, this can prevent suffocating during sleep.

3. The Center for Disease Control and Prevention (CDC) recommends that your baby sleep in your room, but not in your bed, for the first 6 months, and ideally for one full year. Your newborn should only be in your bed for comfort and feeding and then placed back into their own separate sleeping area.

4. Keep your room between 65-72 degrees Fahrenheit, that is the ideal temperature for your baby's sleep. You can help your little one from overheating by being mindful of how many layers they are wearing to sleep, and have a fan oscillating in the room and not pointed directly at the infant.

5. Avoid exposing your baby to smoke, alcohol, and any type of illicit drugs.

6. Last, when setting up your baby's sleep area, make sure to remove any electric and window cords to reduce the chance of them getting tangled in the crib.

Using these six tips for Safe Sleep in the first year of your child's life can reduce the chance of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, and allow you to sleep a little easier knowing that your baby is safe!