

Safe Sleep



SIDS/SUID is when infants die during sleep and is the leading cause of death for infants between the ages of one month and one year. Many deaths happen because of unsafe sleeping environments.

Examples of sleeping environments

Safe sleep — ALWAYS do this!

- When it's time to sleep, lay your baby on their back.
- When it's time to be awake and active, lay your baby on their tummy for "tummy time." Make sure you're with them during tummy time.
- When it's time to sleep, put your baby in their own area such as a:
 - Safety-approved crib
 - Bassinet
 - Pack 'n' Play
- Use a safe sleep surface such as a safety-approved mattress with a fitted sheet.
- When it's time to sleep, dress your baby in light clothing such as a sleeper or something that's not too hot or too cold.

Unsafe sleep — NEVER do this!

- Don't put your baby to sleep on their belly.
- Don't use bumper pads or put blankets, pillows, toys or stuffed animals in your baby's sleep area.
- Don't use an outdated or unapproved crib.
- Don't sleep with your baby (co-sleeping or bed-sharing), or let anyone sleep with your baby.
- Don't let your baby sleep on an adult bed, a sofa, a pillow, any other soft surface, in a bouncy seat, carrier or in a swing. Babies can suffocate in these places. If your baby falls asleep in one, move them to a safe sleep area.
- Don't smoke during pregnancy or allow anyone to smoke around your baby.

All babies cry. It's the only way they can communicate.

What are the most common reasons babies cry?

- Hunger (this is the first thing you should think of when your baby cries)
- Stomach problems from colic or gas
- Need to be burped
- Dirty or wet diaper
- Need to sleep
- Need to be held or cuddled
- Too hot or cold
- Something is hurting or bothering them (this could be a clothes tag or buttons irritating their skin)

If you've checked these things and your baby is still crying, you can put them in a safe sleep area on their back in a crib. Walk away to take a few minutes to calm yourself down. Check on the baby every 10 to 15 minutes until you are both calm.

Never shake a baby. Shaking is abuse and your baby can die.

If you have any questions or need help during or after your pregnancy, Molina is here for you. Visit us online at molinahealthcare.com/wi or call us at **(888) 999-2404** (TTY: 711), Monday - Friday, 8 a.m. - 5 p.m.

