

NEWS RELEASE

OCTOBER 24, 2016, DENVER, CO: American Academy of Pediatrics released their latest recommendations on safe sleep to protect against SIDS and other sleep-related infant deaths. We've distilled these recommendations down to a simple list of Dos and Don'ts. For the complete set of guidelines, visit <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

DO:

- ✓ Always place baby on their back to sleep for the entire first year
- ✓ Do room-share with your infant. Baby should sleep in the parent or caregivers room on a separate surface, the approved sleep surface for at minimum for the first 6 months, but ideally the first year
- ✓ Place baby in an approved place to sleep on a FIRM mattress
- ✓ Have skin to skin contact with your baby for at least one hour after birth
- ✓ Offer pacifier, if breastfed, wait until breastfeeding is well established to introduce pacifier
- ✓ Provide supervised awake-only tummy time to help baby develop muscle control and avoid developing a flat head
- ✓ Do monitor baby for overheating, check to ensure baby is not sweaty or the chest hot to the touch
- ✓ Do return baby to crib after feeding

MOM AND/OR CAREGIVERS SHOULD:

- ✓ Avoid smoke exposure during and after pregnancy
- ✓ Avoid alcohol and illicit drug use during and after pregnancy
- ✓ Receive regular prenatal care during pregnancy

DON'T:

- ✗ Do not place baby on his/her side to sleep
- ✗ Do not place baby on belly to sleep
- ✗ Do not reposition crib at an incline even for GERD
- ✗ Do not allow pillows, stuffed animals or toys in the crib
- ✗ Do not use crib bumpers
- ✗ Do not try to fix a broken crib, replace with new
- ✗ Do not allow baby to overheat. Baby should wear no more than one layer more than an adult in that room
- ✗ Do not sleep with baby in couch, armchair or bed, but of particularly high important is couch and armchair due to the very high risk of entrapment
- ✗ Do not allow sleeping in car seats, strollers, swings, infant carriers or slings, particularly under the age of 4 months

WHAT DOESN'T LOWER SIDS?

- ✗ Use of heart rate or breathing monitors for infants
- ✗ Swaddling
- ✗ Use of a fan in the room