

Safe Sleep for Your Baby

Sudden Unexpected Infant Death (SUID) is the leading cause of death for infants 1 month to 1 year of age. This includes unsafe sleep-related deaths. Read below to learn about safe sleep practices recommended by the American Academy of Pediatrics.¹

Sleep-Related Death in Delaware

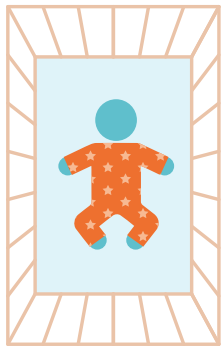
In Delaware, about one infant dies every month from unsafe sleep conditions.²

These deaths are preventable.

The majority of sleep-related infant deaths in Delaware involve unsafe sleep practices (for example: a baby not sleeping alone, not sleeping on their back, not sleeping in a crib).²

Family stress can increase the chance of unsafe sleep practices.³

Safe sleep practices can be improved. In 2019, only 1 in 3 parents used a separate and safe sleep surface.³



Follow the ABC Steps for Safe Sleep

ALONE

Babies sleep safely when they are **alone**, without other people and without soft bedding. Babies can share a room, but not a bed.

BACK

Babies sleep safely when they are placed on their **back** for every sleep.

CRIB

Babies sleep safely on a firm flat surface, such as a **crib** or Pack N'Play.



1. Create a Safe Sleep Area

The ABCs help to keep your baby safe while sleeping. When you put your baby to sleep, make sure that nothing can interfere with your baby's breathing. Remove all pillows, blankets, toys and other soft objects from the sleep area.

Checklist:

- Prepare a safe sleep area for your baby that follows the ABCs.
- Follow the ABCs every single time your baby goes to sleep, including naps.
- Teach everyone who cares for your baby, including childcare providers and babysitters, about the ABCs and their role in protecting your baby from choking or suffocation. You can share this resource with them.
- Ask your health care provider questions you have about the ABCs.

2. Develop a Safe Sleep Support Plan

A support plan can help your baby sleep safely during every sleep. Caring for your baby can be exhausting at times. When you are tired or feeling stressed, you may be less likely to put your baby to sleep safely. Have a plan in place to call someone who can lend a hand and take care of your baby, even in the middle of the night, when you need a break.

Checklist:

- Decide who in your life you will ask to help out when needed. You can ask friends, other parents, family members, or partners.
- Discuss your support plan and the ABCs with everyone that agrees to help you. Make a plan for when you will call them and what they will do when you need their help.

Your support team should be ready to:

- Check and make sure that your baby's sleep area is safe.
- Take care of your baby to give you a break when you are stressed, or give you time to rest when you are tired.

¹ American Academy of Pediatrics. (2020, December 10). Safe Sleep Campaign Toolkit.

² Child Death Review Commission. (2021). 2020 Child Death Review Commission (CDRC) Data Addendum.

³ Jiri, T. (2021). Safe Sleep: Findings From Delaware PRAMS Data. John Snow, Inc.