

# Infant Safe Sleep For Dads

Protect Your Baby from Sudden Infant Death Syndrome (SIDS) & Other Sleep-Related Causes of Infant Death

## Be Your Baby's Advocate

Research on safe sleep has grown over time and safe sleep recommendations have improved thus. You may hear advice from family and/or friends that contradict the following recommendations. As the father; you have the unique opportunity to advocate for and protect your baby. You can help others understand that recommendations have improved based on growing research and that by following these recommendations; you and any other individuals caring for your baby are protecting your baby from sleep-related causes of infant death.

## Alone

- Always put your baby in his or her crib alone; no one else (including pets) should be in the crib.
- Share your room and not the bed.

## Back

- Always place your baby on his or her back for all naps and overnight sleep.

## Crib

- Put your baby in his or her crib for all naps and overnight sleep.
- Use a firm surface, covered by a fitted sheet.
- Keep soft objects (e.g., stuffed animals) and loose bedding out of the crib.
- Keep the crib completely free of pillows, blankets, sheepskins, and crib bumpers; these items present a suffocation risk.
- Keep your baby's crib in your room, near your bed, ideally for the first year of life, but at least for the first six months.

## Encourage Your Baby's Mother To:

- Get regular health care during pregnancy.
- Not drink alcohol, smoke tobacco, or use illegal drugs during pregnancy and after birth.
- Breastfeed.

## Environment & Other Factors

- Do not let your baby get too hot during sleep. Your baby should be dressed in no more than one layer more than you would wear to be comfortable. Signs of overheating include: sweating or your baby's chest is hot to the touch.
- Avoid smoke exposure; maintain a smoke-free home and car. Chemicals in secondhand smoke appear to affect infants' ability to regulate breathing.
- Offer a pacifier at nap and sleep time once breastfeeding has been established. Pacifier should not be attached to strings or other objects as those present a choking risk.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.
- Support Mom with managing stress; chronic stress can increase the chance of having a premature or low-birthweight baby.

## Remember Tummy Time!

Place your baby on his or her stomach when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.



Visit [www.SafeSleep.Ohio.gov](http://www.SafeSleep.Ohio.gov) for additional information including educational videos.

Follow the ABCs of Safe Sleep  
**Alone. Back. Crib.**  
Every Baby. Every Sleep.

# What Does a Safe Sleep Environment Look Like?

Firm surface, covered by a fitted sheet.

Free of pillows, blankets, sheepskins, or crib bumpers.

Free of soft objects, toys, and loose bedding.

Do not smoke or let anyone smoke around your baby.



Nothing covering head.

Baby is on his or her back.

One-piece sleeper if additional layer is needed.

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[www.SafeSleep.Ohio.gov](http://www.SafeSleep.Ohio.gov)



**Alone.**

**Always put me in** my crib alone. I shouldn't sleep in your bed or have anyone else in mine.



**Back.**

**Always put me on** my back to sleep – at night or even when I'm just napping.



**Crib.**

**Always make** sure the only thing on my firm mattress is a fitted sheet. No blankets. No stuffed animals.

**Ohio**  
Department of Health