



Always remember the **ABCDs** of safe sleep by placing your baby

Alone on their **Back** in a **Crib** and remember **Don't** smoke around your baby.

For more information call,
410-706-5089


Center for Infant & Child Loss

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**Keep Your Baby
Safe and Healthy!**

*Follow the tips in this brochure
to help your baby grow and stay
healthy and happy!*

Your baby has finally arrived. *Congratulations!*

Make *sleep* time *safe* time

Until their first birthday, babies should sleep on their back for all sleep times – for naps and at night in a crib, bassinet, or pack ‘n play.

Use a firm sleep surface with a tight-fitting, firm mattress. No blankets, pillows, stuffed toys, bumper pads or soft objects.

Only bring your baby into your bed to feed or comfort. Place your baby back in his or her own sleep space when you are ready to go to sleep.

Bed sharing is not recommended for any babies. Keeping baby in the same room where you sleep for the first 6 months, or ideally, for the first year is recommended by the CDC.

Breastfed babies have a lower risk of SIDS. The AAP recommends breastfeeding as the sole source of nutrition for your baby for about 6 months. After you add solid foods, continue to breastfeed until 12 months or longer.



Try giving a pacifier at nap time and bedtime. This helps reduce the risk of SIDS, even if it falls out after the baby is asleep. If you are breastfeeding, wait until breastfeeding is going well before offering a pacifier.

Do not smoke during pregnancy or after your baby is born. Keep your baby away from places where people smoke – even outside.

Make sure your baby has supervised tummy time while awake every day. It will help strengthen the muscles in his neck and shoulders for when he learns to turn over.

It is fine to swaddle your baby until they start trying to roll over. However, make sure that baby is always on his or her back when swaddled – not too tight that could make it hard to breathe or move their hips.

Schedule and go to all well-child visits. Your baby will receive important immunizations at these doctor visits.

