

SAFE SLEEP MATTERS

Recommendations for Safe Sleep

A summarization of the American Academy of Pediatrics' expansion of recommendations for a Safe Infant Sleeping Environment

- **Level A Recommendations**

- Back to sleep for **every** sleep
- Use a firm sleep surface
- Room sharing without bed sharing is recommended
- Keep soft objects and loose bedding out of the crib
- Pregnant women should receive regular prenatal care
- Avoid smoke exposure during pregnancy and after birth
- Avoid alcohol and illicit drug use during pregnancy and after birth
- Breastfeeding is recommended
- Consider offering a pacifier at nap time and bedtime
- Avoid overheating
- Do not use home cardio-respiratory monitors as a strategy for reducing the risk of SIDS

- **Level B Recommendations**

- Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention
- Avoid commercial devices marketed to reduce the risk of SIDS
- Supervised, awake tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly [‘also known as *deformational plagiocephaly* or “*flathead syndrome*” is a condition most commonly found in infants and is characterized by a flat spot on the back or one side of the head caused by remaining in one position for too long.’]¹

- **Items already Recommended**

- Use only Safety approved Cribs, Bassinets and playpens
- Use a fitted Sheet

Remember: Your Baby sleeps Safest: **ALONE** on their **BACK** in their own **CRIB**

For a full review of the American Academy of Pediatrics' expansion of recommendations for Safe Sleep, please see the complete document as published at:

<http://pediatrics.aapublications.org/content/early/2011/10/12/peds.2011-2284>

For further Information Check Out these Safe Sleep Videos Resources:

http://frederick.granicus.com/ASX.php?view_id=5&clip_id=2951&r=ca12e535c110a5d70179471fcf0f168f&xp=y&intro=1&sn=frederick.granicus.com&bitrate=&sn=frederick.granicus.com [Frederick County Health Department]

<http://www.healthybabiesbaltimore.com/video> [Baltimore City Health Department]

<http://www.firstcandle.org/flash/safe-sleep-spanish.html> in Spanish [First Candle]

1. <http://encyclopedia.thefreedictionary.com/Positional+plagiocephaly> accessed 28 October 2011