

Breast Milk is BEST for your Baby's Health!

If you can, give your baby only breast milk for at least the first six months

Breastfeeding gives you lots of time to cuddle and bond with your baby

Breastfeeding is associated with a reduced risk of sudden infant death and helps protect against many illnesses.

It's OK to nurse your baby in bed, but when you are very tired or your baby is asleep, place your baby in a separate, safe sleep area near your bed.



Adult Beds are not Safe for Sleeping Babies!

Soft bedding, such as pillows, blankets and quilts increase your baby's risk for suffocation and SIDS. Adults or other children in the bed can accidentally roll too close to or onto your baby while they sleep.

Babies can get trapped between the mattress and the wall, headboard, footboard or another piece of furniture and suffocate. Your baby could fall from the bed and get hurt.

If you have questions about your infant's sleep environment, please talk with your health care provider or lactation consultant.



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Safe Sleep Saves Lives



As a new parent, one of the most important decisions you will make is where your baby will sleep.

The following information will help you keep your baby safe from suffocation, Sudden Infant Death Syndrome (SIDS) and accidents during sleep.

Create a Safer Sleep Space for night and nap time!

Important Things to Know!

The safest place for your baby to sleep is in a crib placed near your bed.

Your baby should:

- * Always be placed on his/her back to sleep.
- * Sleep on a firm mattress with only a tight fitting crib sheet.
- * Wear a one piece sleeper instead of blankets to keep warm.
- * Never sleep with bumper pads, wedges or positioners.

Move your baby to a crib as soon as possible if he/she falls asleep in the car seat, bouncer or other baby gear.

Make sure your baby has a safe place to sleep when visiting or traveling!



If you need assistance in creating a safer sleep area for your baby, please call Butte County Public Health Department and ask to speak with a Public Health Nurse. 1-800-339-2941

Bed sharing does not protect a baby against suffocation or SIDS. Bed sharing can be dangerous, especially for babies under three months old.

Avoid bed sharing if:

- * You are very tired.
- * You smoked during pregnancy.
- * You or your partner smoke now.
- * You or your partner have taken drugs, alcohol or medications that make you sleepy.
- * You are very overweight.
- * You are feeding or supplementing with formula.
- * You have a very soft bed or a waterbed.
- * You have soft bedding or pillows near the baby.

Falling asleep with your baby on a couch or armchair is **very unsafe**.

It is also **very unsafe** for other adults, children or pets to share a sleep surface with your baby.