

# Cribs for Kids®

North Dakota offers a **Cribs for Kids®** program designed to help babies have a safe place to sleep.

Families in need can receive crib kits, including:

- ♥ A Graco® Pack 'n Play® crib
- ♥ A crib sheet
- ♥ A pacifier
- ♥ A Halo® SleepSack®



For more information about the **Cribs for Kids®** program and to find a local partner site near you, visit [www.ndhealth.gov/cribsforkids](http://www.ndhealth.gov/cribsforkids).

**Cribs for Kids®** is a National Infant Safe Sleep Initiative, headquartered in Pennsylvania. For more information about safe sleep for babies, visit:

- ♥ [www.cribsforkids.org](http://www.cribsforkids.org)
- ♥ [facebook.com/CribsforKidsHeadquarters](https://facebook.com/CribsforKidsHeadquarters)



Helping every baby sleep safer

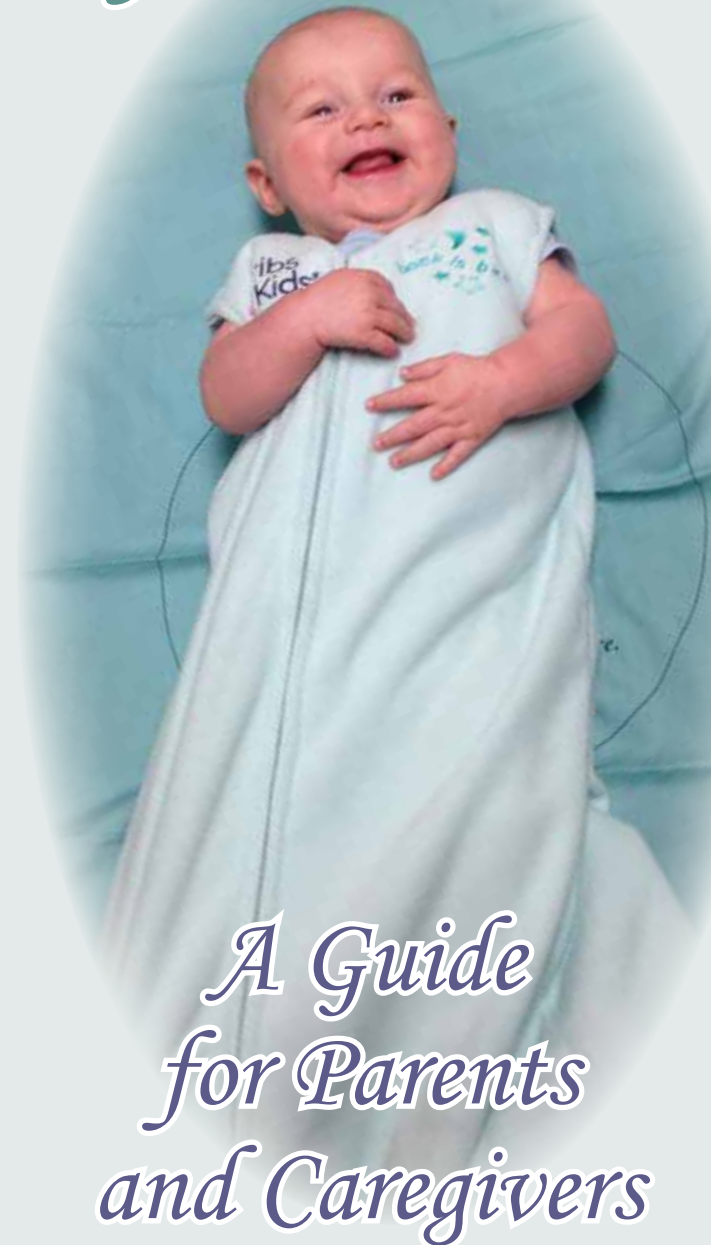
**For more information about the North Dakota Cribs for Kids® Program, safe sleep or SIDS, contact:**

SIDS Management Program  
Division of Family Health  
North Dakota Department of Health  
701.328.2493 or 800.472.2286  
E-mail: [familyhealth@nd.gov](mailto:familyhealth@nd.gov)  
[www.ndhealth.gov/sids](http://www.ndhealth.gov/sids)



[www.facebook.com/ndhealth](https://www.facebook.com/ndhealth)

# SAFE SLEEP *for Babies*



*A Guide  
for Parents  
and Caregivers*

# Safe Sleep Top 10

The American Academy of Pediatrics recommends babies (birth to 12 months) sleep on their backs. Back sleeping provides the best protection against sudden infant death syndrome (SIDS), which is the sudden and unexplained death of a baby younger than 1 year of age. To reduce the risk of SIDS, follow these steps:

- 1 Women should get regular health care during pregnancy, and should not smoke, drink alcohol or use illegal drugs during pregnancy, or after the baby is born. Do not allow smoking around your baby.
- 2 Always place your baby on his/her back to sleep. Every sleep time counts, even naps. Discuss safe sleep with everyone who cares for your baby.
- 3 Put your baby on a firm sleep surface such as a safety-approved crib mattress, covered by a fitted sheet. Never put your baby to sleep on pillows, quilts, sheepskins or other soft surfaces. Keep extra objects, toys and loose bedding – such as blankets, sheets and crib bumpers – out of your baby’s sleep area. Consider using a sleep sack instead of a blanket.



- 4 Keep your baby’s sleep area close to, but separate from where you and others sleep. Your baby should not sleep on a bed, couch or armchair with adults or other children, but can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put him/her back in his own crib for sleep. If your baby falls asleep in a car seat or swing, move him/her to a safe sleeping area to continue sleeping.

- 5 Breastfeeding your baby is recommended.



- 6 Consider offering a pacifier when placing your baby down to sleep. Wait until breastfeeding is well established before offering a pacifier, usually at about 3 to 4 weeks.
- 7 Do not let your baby overheat. Dress your baby in light sleep clothing and keep the room at a temperature comfortable for an adult.
- 8 Avoid products that claim to reduce the risk of SIDS, including home monitors and positioners. Most have not been tested for effectiveness or safety.

- 9 Reduce the chance of flat spots developing on your baby’s head by providing “tummy time” when your baby is awake and someone is watching closely. You can also change the direction that he/she lies in the crib from week to week. Sitting devices, such as car seats, infant swings and bouncy chairs, are not recommended for routine sleep.



- 10 Follow health-care provider guidance about your baby’s vaccines and regular health checkups.

## ABCs of Safe Sleep



**Alone**



*On my*  
**Back**



*In a*  
**Crib**