

## 3 KEY WAYS DADS CAN HELP BABY

# Sleep Safe



**Dads today spend triple the time caring for their children as dads did 50 years ago.**

Making sure dads with infants know how to reduce the risk of **Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death** is more important than ever.

**Dads everywhere** can keep baby safe during sleep in the following ways.

# 1

**Always place your baby on his or her back for sleep—both for naps and at night.**

This is the most effective way to protect a sleeping baby from SIDS and other sleep-related causes of death.

Babies are not more likely to choke if placed on their backs to sleep, even if they throw up or drool while sleeping.



# 2

**Share your room, not your bed.**

Your baby should sleep in your room, but in his or her own separate sleep area. Baby should not sleep in an adult bed, on a couch, or in a chair alone, with you, or with anyone else.

Room sharing without bed sharing may reduce the risk of SIDS by as much as 50% and helps prevent accidental suffocation.



# 3

**Use a firm sleep surface—such as a mattress in a safety-approved\* crib—covered by a fitted sheet.**

Remove all bumpers, blankets, loose bedding, and soft toys from the sleep area.

Do not use car seats, strollers, baby carriers, swings, and other sitting devices as baby's routine sleep area.



Learn more about what dads can do to create a safe sleep environment for babies at

<http://safetosleep.nichd.nih.gov>.

\*For information about crib safety, visit:

<http://www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs/>

**20<sup>th</sup>**  
**Anniversary**  
SAFE TO SLEEP



Eunice Kennedy Shriver National Institute of Child Health and Human Development

