

# ABC'S of Infant Sleep

Safe sleep starts with giving your baby room to breathe at bedtime and naptime.



- A** **Babies should sleep alone**  
Babies should sleep alone in a crib with no blankets or bedding, preferably in the same room as you.
- B** **On their backs**  
Babies should sleep on their backs—not their sides or their tummies.
- C** **In a crib and cool**  
The crib should have a firm mattress and tight-fitting bottom sheet. Keep the room cool and dress your baby lightly.
- S** **In a smoke-free environment**  
Secondhand smoke is bad for everyone, especially babies.

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# Learn About Infant Sleep

Sorting through facts and opinions can be hard when deciding how to put your baby to sleep.

**Q.** Won't my baby be lonely, cold, or uncomfortable alone in a crib?

**A.** No. Infants sleep best in an empty crib. Bumpers, pillows, toys, and blankets make the crib unsafe for your baby.

**Q.** Why aren't crib bumpers safe?

**A.** Bumpers can cover a baby's nose and mouth. Modern cribs do not need crib bumpers because the crib slats or openings are close together.

**Q.** Why can't I share my bed with my baby?

**A.** Sharing a bed increases your baby's chances of overheating and the risk of suffocation. Try putting your baby's crib in your room, or use a bedside crib so he or she is in arm's reach for feeding and comforting.

**Q.** Will my baby choke if she sleeps on her back?

**A.** No. Healthy babies have a natural reflex that lets them swallow and cough up fluids. Even older babies that can roll to their stomach should be put to sleep on their back.

**Q.** Can my baby sleep in a car seat or swing?

**A.** It's safe for your baby to catch a quick nap when you're driving, but small babies may stop breathing if they fall asleep sitting up. Move your baby to a crib if they fall asleep in a car seat or swing.

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