

The safest place for your baby to sleep is near your bed in his/her own separate space.

**There are about 3,500 sleep-related deaths among US babies each year.**



# Safe Sleeping

28%

of sudden infant deaths are due to accidental suffocation and strangulation in bed.

To keep babies warm, try a sleep sack or other sleep clothing that does not require covers. Don't cover the baby's head.

Babies should have his or her own crib or bassinet with no pillows, stuffed toys, bumpers or loose bedding.



NEVER put a baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.

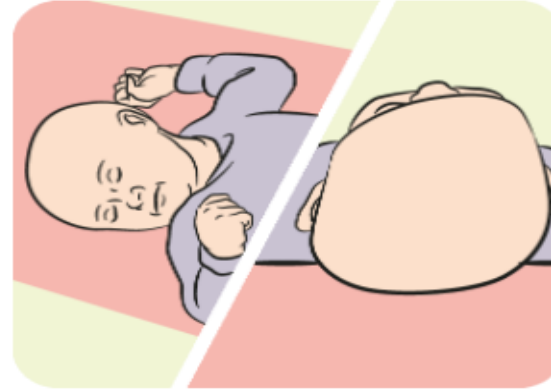
## Why tummy time is important



Tummy time happens when your baby lies on his tummy with weight on his forearms. Tummy time builds head, neck and upper body strength. Your baby should do it often each day.



**Start tummy time soon after birth.** In the first few weeks, try tummy time for 1-2 minutes, 2-3 times a day. Your baby can build up to 10-15 minutes, several times a day.



**Back to sleep, tummy to play.** While asleep, baby spends a lot of time on his back with his head in one position. This can cause flat spots on the back of his head. Tummy time helps prevent this.

Babies' heads make up about 25% of their total body weight.

Their neck muscles are too weak to support such a disproportionately large head making them unable to reposition their head if necessary.

## How to do tummy time

Build head, neck and upper body strength with Tummy Time



Place safe objects and toys close to your baby. Move them from side to side in front of her face. This encourages her to move, lift and turn her head.



Get down on the floor next to your baby. Turn pages in picture books or magazines. This develops baby's eye strength and keeps her interested.



Put a non-breakable mirror next to your baby so she can see her reflection. Try tummy time in different places, like outdoors on a blanket.