

Safe Sleeping

There are about **3,400** sleep-related deaths among US babies each year.

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

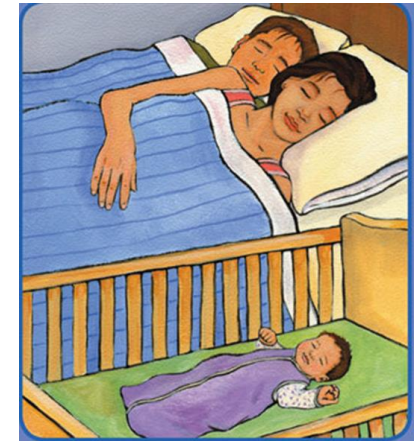
27%

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.



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



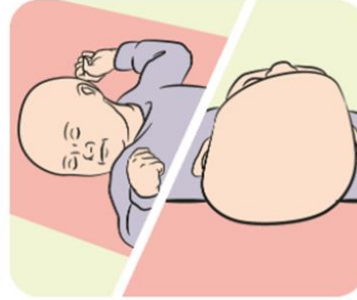
Why tummy time is important



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.

Build head, neck and upper body strength with Tummy Time

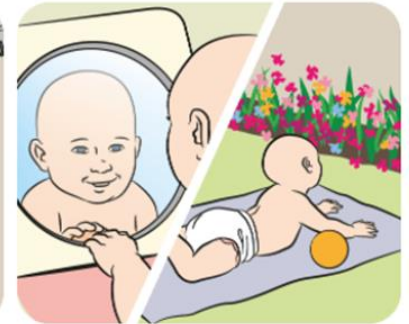
How to do tummy time



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.



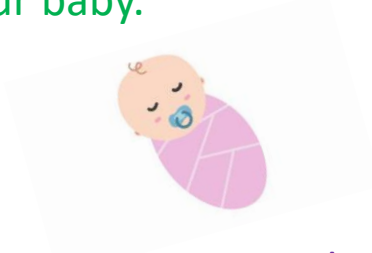
Get down on the floor next to your baby. Turn pages in picture books or magazines. This develops baby's eye strength and keeps her interested.



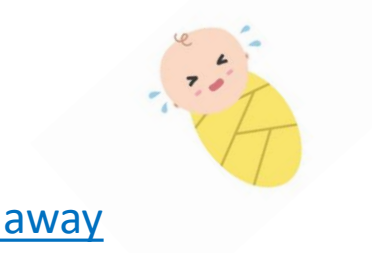
Put a non-breakable mirror next to your baby so she can see her reflection. Try tummy time in different places, like outdoors on a blanket.

All Babies Cry

Crying is a normal part of child development. There are several things you can do to try to comfort your baby when he/she cries including, talking, singing and holding your baby.



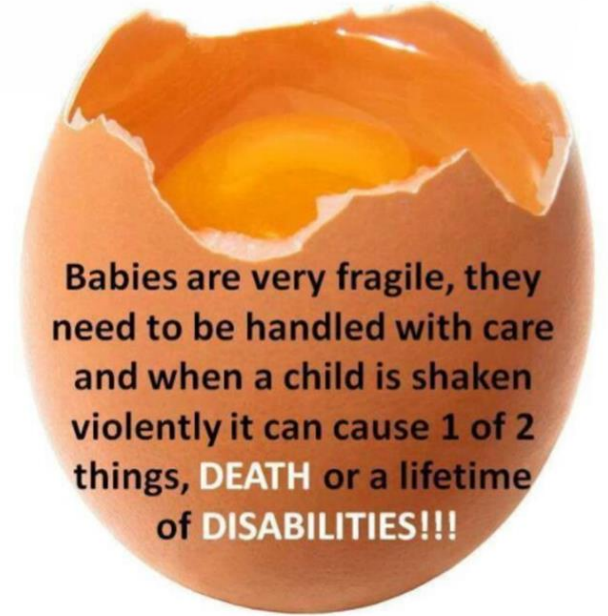
Babies' brains are immature and more easily injured by shaking. Babies' blood vessels around the brain are more susceptible to tearing than older children or adults. This could lead to seizures or blindness.



It's OK to walk away

All babies go through a period of crying – some babies cry a lot and some far less, but they all go through it. Make sure baby is fed, dry and its ok to leave in crib.

Take A Break...



Don't Ever Shake A Baby

