

Every year babies die from Sudden Infant Death Syndrome (SIDS) and accidents during sleep. Take care of your baby with these simple steps:

Always place your baby on his or her back to sleep, for naps and at night.

Remove all loose items (stuffed animals, pillows, etc.) from the baby's crib. Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

Use a safety-approved crib with a firm mattress covered by a fitted sheet.

Your baby is safest sleeping in a crib or bassinet, not on your bed. Your baby should NOT sleep in a car seat, stroller, or on a couch or armchair with other adults or children.

Do not use a pacifier when placing your baby to sleep. If you use a pacifier, do not force your baby to take it. If your baby does not take it, wait 1 month or until your baby is breastfeeding before trying a pacifier.

Do not use pillows or blankets to prop babies up.

Do not use a baby walker if your baby is

For More Information

About Breastfeeding

[WIC Breastfeeding Help Line](#)
call 1-585-753-5640 or



