

## Practice safe sleep at every sleep before baby's first birthday.

This is not forever; it is just for a year!



### More ways to keep a baby safe during sleep:

- Keep a baby away from smoke and nicotine during pregnancy and after birth.
- Avoid alcohol, marijuana, opioids, and illicit drug use during pregnancy and after birth.
- Immunize a baby according to the guidelines from the American Academy of Pediatrics and the Centers for Disease Control and Prevention.

Sleep-related deaths are a leading cause of death for babies under one year of age. Practicing safe sleep at every sleep can reduce the risk of a sleep-related death.

## Feeding

A baby is born with a tiny stomach. It is normal for a baby to feed every few hours.

Feeding a baby human milk is recommended for the first 6 months, unless human milk goes against doctors' advice or is not an option.

## Tummy Time

Tummy time can help a baby grow strong. Tummy time is when a caregiver places an awake baby on the baby's belly and supervises the baby for short periods of time each day.



## Development

A doctor can explain how a baby grows and develops. This can help a caregiver know what to expect from a baby and when to expect it.

The American Academy of Pediatrics' website [www.healthychildren.org](http://www.healthychildren.org) is a fact-based site to support children's health and wellbeing.

[pa.gov/agencies/health](http://pa.gov/agencies/health)

search "Safe Sleep"



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# Safe Sleep for Baby at Every Sleep

## How to Practice Safe Sleep for the First Year of a Baby's Life



Pennsylvania  
Department of Health

## Only the Baby

It is best for a baby to sleep on their back in a safe sleep space.

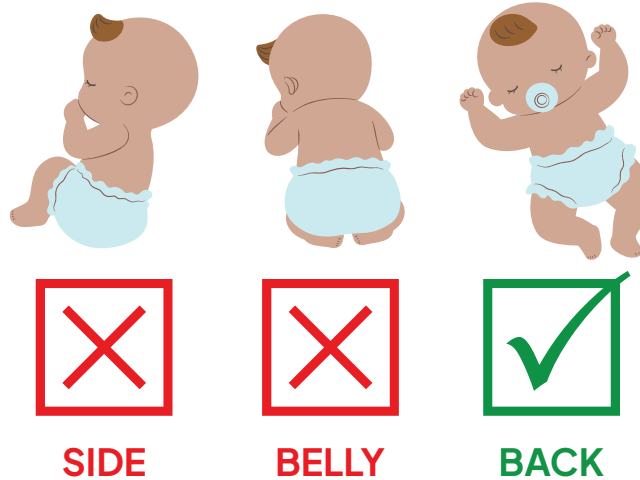
- Do **not** let a baby sleep with other babies, children, adults, or pets.
- Do **not** let a baby sleep with toys, blankets, crib bumpers, hats, or other soft items.
- Sharing a room but never a bed is a safe way to sleep when a baby sleeps.



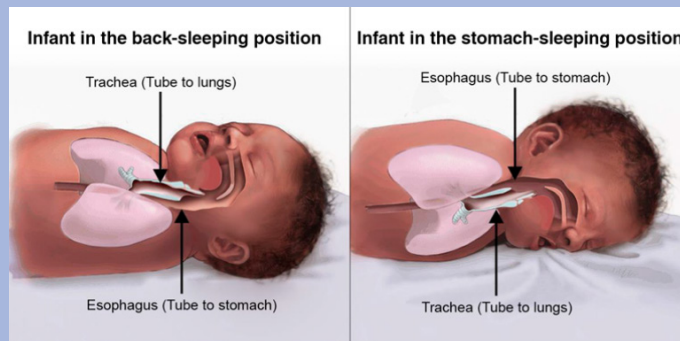
- A baby can wear a sleep sack or sleeper outfit to sleep. A baby usually needs to wear one more layer than an adult to stay warm.
- If a baby uses a pacifier, they can sleep with it. A safe pacifier has nothing attached to it. Pacifiers with cords or stuffed animals are not safe for sleep.
- If feeding a baby in an adult bed, always return the baby to their own safe sleep space after feeding.

## Back is Best

When it is time to sleep, lay a baby flat on their back.



Sometimes a baby spits up when sleeping. Liquid like spit up can be dangerous in a baby's lungs.



When a baby sleeps on their belly, it is easier for spit up to go into the lungs.

When a baby sleeps on their back, it is harder for spit up to go into the lungs.

When a sleeping baby rolls from their back on their own, you do not have to return them to their back.

## Safe Sleep Spaces

A crib, bassinet, play yard, and portable crib are all safe sleep spaces. A crib mattress should be firm, flat, and covered with a fitted sheet.



An adult bed is **not** a safe sleep space for a baby. A baby can sleep in a safe sleep space next to an adult bed. It is recommended for baby and parents to share a room but have separate beds for the first six months.



Car seats, strollers, swings, baby carriers, baby slings, sofas, and other soft furniture are **not** safe sleep spaces. If a baby falls asleep in these places, move the baby to a firm and flat safe sleep space.