



Parent Newsletter

SAFE SLEEP, SWEET DREAMS

Small steps to help protect your baby at every nap and bedtime. October is Safe Sleep and SIDS Awareness Month, a time to learn and share ways to help babies sleep more safely. Caring for a baby brings plenty of questions, especially when everyone is tired. A simple sleep setup and shared plan can help parents, grandparents, and other caregivers feel more prepared. These tips are for babies younger than 1 year. 

Scan the QR code to discover additional AFC Resources for your family!



Stay Close in a Separate Sleep Space

Keep your baby's crib or bassinet in your room for at least the first six months. Sharing a room makes it easier to feed and comfort your baby while giving them their own sleep space. Return your baby to that space after feeding or cuddling, before you go to sleep. Adult beds, couches, and armchairs are unsafe places for babies to sleep.



Keep Their Sleep Space Simple

Use a crib, bassinet, or play yard that meets federal safety standards, with a firm, flat, level mattress and fitted sheet only. Keep pillows, blankets, stuffed animals, and bumpers out. For warmth, choose a properly fitted, nonweighted sleep sack and avoid overheating. A clear sleep space helps your baby sleep more safely.



Start Every Sleep on Their Back

Place your baby on their back for every nap and bedtime. Once your baby can roll both ways independently, you do not need to keep turning them back over, but continue starting each sleep on their back. Save tummy time for when your baby is awake and an adult is watching.

FAMILY ACTIVITY

The ABCs of Safe Sleep

Does your baby have big brothers or sisters who want to be included? Help them learn the ABCs of safe sleep:



Alone



Back



Crib

INSTRUCTIONS:

1. Draw a crib together on a sheet of paper.
2. Draw and cut out a paper baby or teddy bear.
3. Place it on its back in the paper crib, with no blankets, pillows, or toys.
4. Decorate the outside of the crib drawing together.
5. Display your artwork away from the baby's sleep space as a reminder of the ABCs: Alone, Back, in a Crib.



SAFE SLEEP IS A TEAM EFFORT

Share these tips with grandparents, babysitters, and childcare providers so everyone follows the same plan. If you have questions about your baby's sleep, talk with their pediatrician. You deserve support as you care for your little one.

Need a safe sleep space?

Scan the QR code to learn about free portable cribs for eligible families and infant safe sleep education. Supplies are limited.

