Reduce the risk of SIDS, suffocation, and other sleep-related causes of infant death by creating a safe sleep environment for your baby.

**NEVER put me to sleep:**
- On my tummy or side
- On an adult bed
- In bed with you or anyone else
- On a couch or chair
- With blankets, toys, or crib bumper pads
- On a nursing pillow, wedge, or positioner
- In a car-seat, stroller, carrier, or swing

*It’s not safe and I could suffocate.*

**More safety tips:**
Teach your family and anyone who takes care of your baby to always follow the same safe sleep practices.

Follow health care provider guidance on your baby’s vaccines and regular check-ups.

Risk of SIDS is lower if mom doesn’t smoke, drink alcohol, or use drugs.

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I am safer if I sleep in the same room as you, but not in your bed.

Comfort me when I cry, then put me back in my safe place for sleep.

Breastfeeding reduces my risk of SIDS. When I’m finished feeding, put me back in my crib for sleep.

For breastfed infants, pacifier introduction should be delayed until breastfeeding is firmly established.

Funding support provided by the First 5 Orange County Children and Families Commission
Did you know?

Sudden Infant Death Syndrome (SIDS) is the leading cause of infant death between 1 month and 1 year of age.

More than 90% of all SIDS deaths occur before babies reach 6 months of age.

Risk of SIDS is 3 times higher in babies born with low birth weight.

Accidental Suffocation is the leading cause of infant injury deaths.

An Orange County baby dies while sleeping in an adult bed or sharing a bed with another person nearly every other month.