

Room to Breathe Tips

Room to Breathe Dos:

- Do put babies to sleep alone and on their backs in a crib with a firm mattress and a tight-fitting bottom sheet. If the baby leaves an impression on the mattress, the surface is too soft.
- Do keep babies away from second hand smoke.
- Do dress the baby, not the bed. Dress the child lightly and control the room temperature. 70 degrees is ideal.
- Do use pacifiers and breast feed when possible as both practices are associated with a lower risk of sudden infant death.

Room to Breathe Don'ts

- Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads inside the crib.
- Don't cover a baby's face or allow a baby to cover its face with anything.
- Don't let an infant sleep with older children.
- Don't sleep with an infant when extremely tired or if you are under the influence of alcohol, illegal drugs or medications that make you sleepy.
- Don't put a baby to sleep on or sleep with a baby on chairs, sofas, futons, beanbags or cushions.
- Don't put babies to sleep on soft mattresses such as pillow-tops, waterbeds, or memory foam. If the baby leaves an impression in the mattress, it's too soft.
- Don't expose babies to second hand smoke.