

A Plan for Parents and Caregivers

This tool is intended to guide conversations with parents and caregivers about recommendations found in the *American Academy of Pediatrics' Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment*.

Recommendation	I need more information...	This may be hard because...	My plan is...
 <p>Place baby on their back to sleep</p>			
 <p>Use a separate, firm, flat and level safety-approved* sleep surface designed for infants</p>			
 <p>Feed baby human milk, like by breastfeeding</p>			
 <p>Share your room, with baby's crib close to but separate from your bed</p>			
 <p>Remove everything from baby's sleep area</p>			
 <p>Offer baby a pacifier for naps and at night</p>			
 <p>Stay smoke- and vape-free during pregnancy and after</p>			

Let's Talk - Parent and Caregiver Plan

Recommendation	I need more information...	This may be hard because...	My plan is...
 <p>Stay drug- and alcohol-free during pregnancy and after</p>			
 <p>Avoid letting baby get too hot</p>			
 <p>Get regular medical care throughout pregnancy</p>			
 <p>Follow the advice of your baby's doctor on vaccines, checkups, and other health issues for baby</p>			
 <p>Avoid heart, breathing, motion and other monitors as your main way to reduce the risk of SIDS</p>			
 <p>Avoid products or devices** that claim to "prevent SIDS"</p>			
 <p>Give baby plenty of "tummy time" when they are awake</p>			
 <p>Avoid swaddling once baby starts to roll over</p>			

*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces such as a mattress, and sleep spaces like a crib.

** Some examples of products and devices to avoid include wedges, positioners, inclined sleepers, and others that claim to "prevent SIDS" and sleep-related deaths.

Visit www.cpsc.gov/SafeSleep to learn more.