

# Every Sleep Counts!

Nap Time, Night Time, Home or Away

**Reduce the risk of Sudden Infant Death Syndrome (SIDS) and prevent accidental death due to infants being trapped between two surfaces or suffocating during sleep**

## Make a safe sleep plan for your baby:

- ✓ Always place your baby on his/her back, in a crib for **every** sleep
- ✓ Keep the crib beside parents' bed for the first six months
- ✓ Use a crib, cradle, or bassinet that has a firm mattress, a tight-fitting sheet and no bumper pads, pillows, heavy blankets or toys
- ✓ Use a crib, cradle or bassinet that meets Canadian safety regulations ([www.healthcanada.gc.ca/cps](http://www.healthcanada.gc.ca/cps))
- ✓ Keep your baby's environment smoke-free during pregnancy and after birth
- ✓ Breastfeed your baby, as this protects against SIDS
- ✓ Prevent your baby from over-heating
- ✓ Never let your baby sleep on a sheepskin, pillow-top mattress, waterbed, couch, sofa, armchair, recliner, or any adult bed
- ✓ It is best to not share a bed with your baby



*Baby sleeping safely, with a light blanket tucked in and no other objects in the crib.*

## Share this information with anyone who may take care of your baby

For more information talk to your health care provider or contact HealthLink BC by calling 8-1-1 or visiting [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

