

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)
- ✓ 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.

