

Safe Sleeping for Infants



 **DHS**
Oregon Department
of Human Services

**Always place your baby on
his or her **back to sleep**,
for naps and at night.**

In Oregon every year about 30 infants die in their sleep due to unknown causes.

If you are pregnant now, the most important thing you can do for your baby's health is to quit smoking! For help call the Oregon Tobacco Quit Line: 1-877-270-7867

To make sure that your baby is as safe as possible when sleeping do these things:

- * Make sure no one smokes in your home or around your baby.*
- * Put your baby to sleep on its back.*
- * Put your baby on a firm mattress, avoid soft surfaces like:
 - * sofas, or sofa cushions*
 - * waterbeds*
 - * beanbags*
 - * pillows*
 - * quilts*
 - * comforters*
 - * sheepskins*
 - * stuffed toys*
 - * bumper pads**
- * Don't let baby get too hot from wearing too many clothes or covers.*

Some parents choose to sleep with their baby.

It is unsafe to sleep with baby if you or your partner.

- * Smoke*
- * Have been drinking alcohol*
- * Have taken any drug or medication that could make you extra sleepy*
- * Are very tired or suffer from extreme exhaustion*
- * Sleep on a soft surface*
- * Share the bed with pets or other people*

Please talk to your healthcare provider about any concerns you may have. Share this information with others.

If you have a disability and need this document in an alternate format, call Office of Family Health at (971) 673-0269, fax (971) 673-0250

If you know of others who will need this accommodation, please let them know it is available.