



North Dakota offers a Cribs for Kids® program designed to help babies have a safe place to sleep.

Families in need can receive crib kits including:

- ♥ A Pack 'n Play portable crib
- ♥ A crib sheet
- ♥ A pacifier
- ♥ A Halo® SleepSack®

For more information, visit:
www.hhs.nd.gov/cribs-kids

Cribs for Kids® is a National Infant Safe Sleep Initiative. For more information about safe sleep for babies, visit:

- ♥ cribsforkids.org
- ♥ facebook.com/CribsForKidsHeadquarters

For more information about the North Dakota Cribs for Kids® Program, safe sleep or SUID, contact:

ND Department of Health
and Human Services
701.328.4536 or 800.472.2286
Email: injury@nd.gov
www.hhs.nd.gov/cribs-kids

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Health & Human Services

find us on [facebook](https://facebook.com/CribsForKidsHeadquarters)

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Sleep Safe ND

ALONE • BACK • CRIB
FOR EVERY SLEEP

Did you know that sudden unexpected infant death or SUID is the leading cause of infant death for babies one month to one year old?





Safe Sleep Top 10

The American Academy of Pediatrics recommends babies (birth to 12 months) sleep on their backs. Back sleeping provides the best protection against sudden unexpected infant death (SUID), which is the sudden and unexpected death of a baby younger than 1 year of age, whether explained or unexplained, including sudden infant death syndrome (SIDS). To reduce the risk of SUID, follow these steps:

- 1** Women should get regular health care during pregnancy, and should not smoke, drink alcohol or use illegal drugs during pregnancy, or after your baby is born. Do not allow smoking around your baby.
- 2** Always place your baby on his/her back to sleep. Every sleep time counts, even naps. Discuss safe sleep with everyone who cares for your baby. If your baby rolls over on his/her own during sleep, you do not need to turn your baby over onto his/her back.

3 Place your baby on a firm, flat, and noninclined sleep surface such as a safety approved crib mattress, covered by a fitted sheet to reduce the risk of suffocation or wedging/entrapment. Never put your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces. Keep extra objects, toys and loose bedding—such as blankets, sheets, and crib bumpers out of your baby’s sleep area. Consider using a sleep sack instead of a blanket.

4 Consider offering a pacifier when placing your baby down to sleep. Wait until breastfeeding is well established before offering a pacifier, usually at about 3 to 4 weeks.

5 Keep your baby’s sleep area close to, but separate from where you and others sleep. Your baby should not sleep on a bed, couch, or armchair with adults or other children, but can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put him/her back into a crib for sleep. If your baby falls asleep in a car seat or swing, move him/her to a safe sleeping area to continue sleeping.



ABCs of Safe Sleep



Alone



**On my
Back**



**In a
Crib**

- 6** Breastfeeding your baby is recommended.
- 7** Do not let your baby overheat. Dress your baby in light sleep clothing and keep the room at a temperature comfortable for an adult.
- 8** Avoid products that claim to reduce the risk of SUID, including home monitors and positioners. Most have not been tested for effectiveness or safety.
- 9** Reduce the chance of flat spots developing on your baby’s head by providing “tummy time” when your baby is awake and someone is watching closely. You can also change the direction that he/she lies in the crib from week to week. Sitting devices, such as car seats, infant swings, and bouncy chairs are not recommended for routine sleep.
- 10** Follow healthcare provider guidance about your baby’s vaccines and regular health checkups.