

SAFE SLEEP



for all Hawaii's keiki



Follow these
tips to keep your
baby safe!



**Did you know
that your baby
can die from
unsafe sleeping
conditions?**



Share these tips with all who care for baby:

Always put baby on their back to sleep, even for naps.

When awake, put baby on their stomach for "Tummy Time" (exercise, sing, talk, read and play with baby). Do not let baby fall asleep on their tummy.

Keep your home and car smoke-free.

Babies who breathe smoke or who sleep with those who smoke have a greater risk of unexpected death.

Be sure their crib is safety-approved, and their play yard has not been recalled. Be sure they have firm, tight fitting mattresses with sheets that fit tightly.

Do not let baby sleep on surfaces like adult beds, water beds, couches, and recliners. These have spaces that can trap their face and block their breathing.

Pillows, stuffed toys, futons and comforters are a danger in their sleep area.

Do not let baby sleep on soft bedding. They need a firm sleeping surface that is free from soft items that could block their breathing.

Sleep in the same room as baby, but not the same bed. You can breastfeed baby in your bed, but when ready to sleep, put baby back in their crib.

Sleeping with other people, even parents, sisters and brothers, puts baby at risk for being rolled on and smothered.

Put baby in clothes that will not make them feel too warm when they sleep.

Getting too warm puts baby at a greater risk of unexpected death.

For more information, please contact:

The Parent Line Oahu: 526-1222 | Neighbor Islands: 1-800-816-1222
www.theparentline.org | www.safesleephawaii.org



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