

Follow these other safety-approved tips to keep your baby safe while sleeping:

- **Do not let your baby get too hot.** Keep room temperatures comfortable for an adult.
- Infants should receive **all recommended vaccinations.**
- **Breastfeeding is recommended** to help to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- **Do not smoke** during pregnancy and after birth. Place the crib in an area that is always smoke-free.
- Give your baby **"tummy time"** when he is awake and someone is watching. "Tummy time" helps prevent flat spots on your baby's head, and also helps their head, neck, and shoulder muscles get stronger.
- **Consider using a pacifier** at nap time and bed time, once breastfeeding is established.
- Obtain **regular prenatal care** to reduce the risk of SIDS even before birth.
- **Avoid alcohol and illicit drug use** during pregnancy and after birth.
- Talk to those who care for your baby, including **child care providers, family, and friends, about placing your baby to sleep, alone, on his back, in an empty crib for every sleep.**

Share these tips with everyone who cares for baby!



www.SafeSleep.Ohio.gov

Ohio | Department of Health

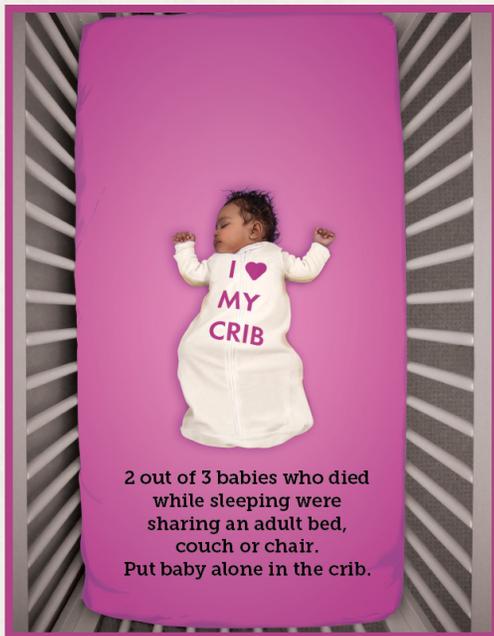
**Every week in Ohio...
3 babies die in unsafe
sleep environments.**



Follow the ABCs of Safe Sleep
Alone. Back. Crib.

Every Baby. Every Sleep.

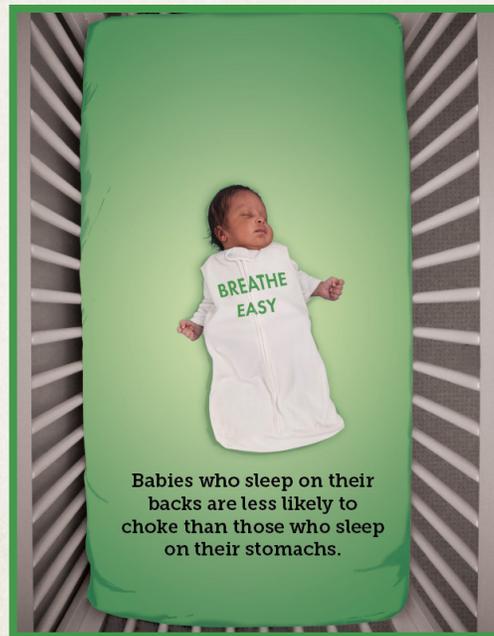
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Share the room, not the bed. Always place your baby alone in a crib, bassinet, or play yard with a firm mattress. The safest place for your baby to sleep is in your room (within arm's reach), but not in your bed. This way, you can easily breastfeed and bond with your baby. Never nap on a couch or chair while holding your baby and don't lay your baby down on adult beds, chairs, sofas, waterbeds, air mattresses, pillows, or cushions.

You should never share the bed with your baby because:

- You can roll too close to or onto your baby while she sleeps.
- Babies can get stuck between the mattress and the wall, headboard, footboard or other furniture.
- Your baby could fall off the bed and get hurt, or fall onto something on the floor and suffocate.

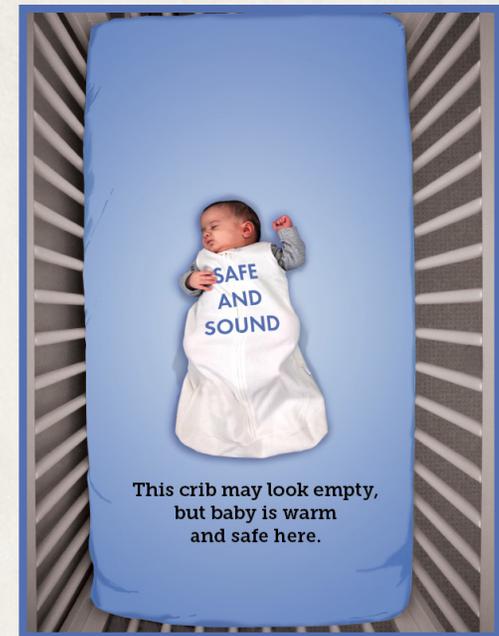


Back is best for baby. Always put your baby to sleep on his back. Healthy babies naturally swallow or cough up their spit up, so your baby will not choke if he's on his back.

It's also safer for your baby to wake up often during the night on his back.

If your baby is sleeping on his tummy and needs to take a deep breath, it could be dangerous because:

- He may be unable to move his head.
- His mouth or nose may be blocked and he could suffocate, even in a bare crib.
- The air people breathe out is filled with carbon dioxide, or "bad air," and your baby could keep breathing "bad air" and suffocate.



Bare is Best. Many parents believe their baby won't be safe and warm without bumper pads, blankets, pillows, and stuffed animals, but these items can be deadly. Babies can suffocate on any extra item in the crib.

Place your baby to sleep in a safety-approved crib with a firm mattress covered by a fitted sheet. Sleep clothing like fitted, appropriate-sized sleepers and sleep sacks, are safer for baby than blankets!

If you use a safety-approved crib, baby's hand or foot won't get caught.

Many parents think baby will get hurt if they don't use bumper pads, but this isn't true because:

- Babies don't have enough strength to hurt themselves.
- No babies have seriously hurt themselves by getting stuck between the crib railings.

Safe Sleep For Your Baby

- ♥ Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- ♥ Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- ♥ Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- ♥ Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- ♥ To reduce the risk of SIDS, women should:
 - Get regular health care during pregnancy, and
 - Not drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- ♥ To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- ♥ Breastfeed your baby to reduce the risk of SIDS.
- ♥ Offer a pacifier, not attached to a string, at nap and sleep time once breastfeeding is established.
- ♥ Do not let your baby get too hot during sleep.
- ♥ Follow health care provider guidance on your baby's vaccines and regular health checkups.
- ♥ Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- ♥ Do not use home heart or breathing monitors to reduce the risk of SIDS.
- ♥ Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



Remember Tummy Time!

Place babies on their stomachs when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

www.SafeSleep.Ohio.gov



Alone.

Always put me in my crib alone. I shouldn't sleep in your bed or have anyone else in mine.



Back.

Always put me on my back to sleep – at night or even when I'm just napping.



Crib.

Always make sure the only thing on my firm mattress is a fitted sheet. No blankets. No stuffed animals.

Ohio
Department of Health

What Does a Safe Sleep Environment Look Like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

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

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov.

www.SafeSleep.Ohio.gov



Alone.

Always put me in my crib alone. I shouldn't sleep in your bed or have anyone else in mine.



Back.

Always put me on my back to sleep – at night or even when I'm just napping.



Crib.

Always make sure the only thing on my firm mattress is a fitted sheet. No blankets. No stuffed animals.

**You are your baby's protector.
Choose caregivers wisely.**

Even when you aren't with your baby, you are responsible for your baby's safety.

Before leaving your baby with anyone, ask these questions:

- Does this person want to watch my baby?
- Have I had a chance to watch this person with my baby before I leave?
- Is this person good with babies?
- Has this person been a good caregiver to other babies?
- Will my baby be in a safe place with this person?
- Have I told this person to never shake my baby?

Trust your instinct. If it doesn't feel right, don't leave your baby!

Do not leave your baby with anyone who:

- Is impatient or annoyed when your baby cries.
- Says your baby cries too much.
- Will become angry if your baby cries or bothers them.
- Might treat your baby roughly because they are angry with you.
- Has a history of violence.
- Has lost custody of their own children because they could not care for them.
- Abuses drugs or alcohol.

**Tell anyone who cares for your baby to call you any time they become frustrated.
Tell them not to shake your baby.**

**Has Your Baby Been Shaken?
Call 911.**

All of these signs are very serious:

- Limp, like a rag doll.
- Poor sucking and swallowing.
- Trouble breathing.
- Unable to waken.
- Irritability or crankiness.
- Seizures or trembling.
- Vomiting.
- Skin looks blue or feels cold.

Save precious time! If you think your baby has been shaken, tell the doctors right away!

For more help coping with a crying baby:


1-800-755-GROW



Ohio Department of Health
246 North High Street
Columbus, Ohio 43215
<http://www.odh.ohio.gov>

**Babies cry
a lot.**



It's normal.

Learn more and have a plan.

Keep your baby safe!

All babies cry.

It is normal and natural. Healthy babies start crying the day they are born. Crying increases when babies are 2 weeks old, and gets worse at 2 months old. Babies cry more in the afternoon or evening. Babies can cry 2 to 3 hours a day, for an hour at a time! It is normal.

Crying is the only way your baby can communicate. Your baby cries to tell you he:

- Is hungry.
- Needs to be burped.
- Needs a diaper change.
- Is too hot or too cold.
- Is lonely or scared.
- Is in pain or uncomfortable.
- Is over-tired or over-stimulated.

Sometimes, parents and caregivers can't figure out why a baby is crying.

Toddlers cry, too.

Toddlers cry for the same reasons babies cry. Plus, toddlers cry when they try to learn new things. Toddlers and their crying can be especially frustrating at times such as:

- Potty training.
- Feeding time.
- Naptime and bedtime.
- When teething.

Tips for soothing crying babies.

Because all babies cry, try not to let the crying frustrate you. Check for the common reasons for crying, then try some of the following:

- Hold the baby close and walk or gently rock. Wrap the baby snugly in a soft blanket.
- Find a calm, quiet place. Turn out the lights; turn off loud music and the TV.
- Offer a pacifier.
- Take the baby for a ride in a stroller or car. Always use a car seat.
- Play soft music; hum or sing to the baby.
- Run the vacuum, dryer, dishwasher or fan to make background noise.
- Place the baby in a baby swing.
- Lay the baby across your lap and gently rub or tap the baby's back.
- If all else fails, place the baby on her back in a safe crib or playpen. Walk away and check back every 5 to 10 minutes.
- Call your baby's doctor or nurse if your baby seems sick.
- If you feel you are getting stressed out, call a trusted friend or relative for help.

Sometimes, a crying baby just can't be soothed. It is OK to ask for help.



Most adults feel frustrated when babies and toddlers cry.

Never shake your baby!

No matter how long your baby cries or how frustrated you feel, never shake or hit your baby.

Shaking can cause brain damage that can lead to:

- Blindness
- Deafness
- Epilepsy (seizures)
- Cerebral palsy
- Mental retardation
- Learning problems
- Behavior problems
- Poor coordination
- Death

Shaken baby syndrome is a brain injury that happens when a frustrated person violently shakes a baby or toddler.

Calm yourself, so you can calm your baby safely.

Caring for babies and toddlers is stressful, even when they are not crying. Know when you are becoming stressed out. Have a plan to calm yourself. **After putting your baby on his back in a safe crib or playpen:**

- Take several deep breaths and count to 100. Go outside for fresh air.
- Wash your face, or take a shower.
- Exercise. Do sit-ups, or climb the stairs a few times.
- Go in another room and turn on the TV or radio.
- Call a friend or relative.

Check on your baby every 5 to 10 minutes.

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SHAKEN BABY SYNDROME PROGRAM

As the proud parent of

I KNOW: It is my job to keep my baby safe.

I KNOW: Crying is normal. Babies cry 2 to 3 hours a day. Crying can last an hour at a time. Babies cry more often in the afternoon and evening. Crying increases when babies are 2 weeks old, and gets worse at 2 months old.

I KNOW: Caring for a crying baby can be frustrating. Sometimes, even the best parents and caregivers cannot figure out why a baby is crying. Sometimes, even the best parents and caregivers cannot soothe a crying baby.

I KNOW: Shaking can seriously injure or kill my baby. Instead of shaking, I will try to calm my baby by:

I WILL NOT SHAKE MY BABY.

I PROMISE: If I become stressed out, I will place my baby on his/her back in a safe crib and call a friend for help:

Friend: _____ Phone: _____

I WILL NOT SHAKE MY BABY.

I PROMISE: I will choose my baby's caregivers wisely. I will tell them not to shake my baby. I will tell them to call me if they are stressed out by crying. I will not leave my baby with anyone who will become angry if my baby cries or bothers them.

I PROMISE TO PROTECT MY BABY BY NOT SHAKING AND TELLING OTHERS NOT TO SHAKE MY BABY.

Parent: _____

Date: _____

Keep this certificate as a reminder of your promise to protect your baby.

