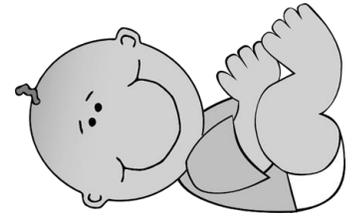


Safe Sleep Myth OR Truth?



Myth: My baby will have a flat head if they sleep on their back.

TRUTH: To prevent a flat head, give your baby tummy time. Put your baby on their tummy during play time while they are awake and you are watching.

Myth: My baby is more likely to choke if they sleep on their back.

TRUTH: Your baby is more likely to choke on their tummy. Babies actually clear fluids better on their backs. When your baby is coughing or gagging, it is a normal and protective reflex.

Myth: My baby will sleep better if they sleep in the same bed as me.

TRUTH: Your baby is at risk for suffocation, choking, falls, and strangulation when sharing a bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Myth: My baby will sleep better and longer on their stomach.

TRUTH: It is normal for your baby to wake often. If your baby sleeps on their tummy, they are at an increased risk of rebreathing their own air which is harmful to baby.

Myth: My baby will breastfeed better if they sleep in the same bed as me.

TRUTH: Bed sharing is not essential for successful breastfeeding, sleeping in the same room is recommended. It is OK to breastfeed in bed; just put your baby back in their own bed when they are done feeding. Breastfeeding reduces the risk of SIDS.

Myth: My baby is more likely to get hurt with no bumper pads in the crib.

TRUTH: Evidence does not support using bumper pads to prevent injury. In fact, bumper pads are dangerous to your baby. Using bumper pads in the crib puts your baby at risk for suffocation, becoming trapped between the pads and mattress, and being strangled by the ties.

Myth: My baby will stay on their back if I use blankets or sleep positioners to keep them from rolling.

TRUTH: Using blankets or sleep positioners puts your baby at risk of suffocation, entrapment, and strangulation. Do NOT use products that claim to reduce the risk of SIDS, they have not been tested for safety. It is recommended to place your baby on their back until they are 1 year old. Your baby can remain in their preferred sleep position when they are rolling over by themselves.