**ALWAYS GIVE BABIES ROOM TO BREATHE!**

Hundreds of Texas babies die in their sleep each year - suddenly, unexpectedly, and without a clear explanation or due to accidental suffocation or strangulation. That's why it is so important to always give babies "Room to Breathe."

**THE ABC'S OF INFANT SLEEP:**

Safe sleep starts with giving your baby room to breathe at bedtime and naptime.
**A** Babies should sleep alone
Babies should sleep alone in a crib with no blankets or bedding, preferably in the same room as you.
**B** On their backs
Babies should sleep on their backs—not their sides or their tummies.
**C** In a crib and cool
The crib should have a firm mattress and tightfitting bottom sheet. Keep the room cool and dress your baby lightly.
**S** In a smoke-free environment
Secondhand smoke is bad for everyone, especially babies.

**THINGS TO AVOID**

Sorting through facts and opinions can be hard when deciding how to put your baby to sleep.
**Q.** Won’t my baby be lonely, cold, or uncomfortable alone in a crib?
**A.** No. Infants sleep best in an empty crib. Bumpers, pillows, toys, and blankets make the crib unsafe for your baby. Q. Why aren’t crib bumpers safe? A. Bumpers can cover a baby’s nose and mouth. Modern cribs do not need crib bumpers because the crib slats or openings are close together.
**Q.** Why can’t I share my bed with my baby?
**A.** Sharing a bed increases your baby’s chances of overheating and the risk of suffocation. Try putting your baby’s crib in your room, or use a bedside crib so he or she is in arm’s reach for feeding and comforting.
**Q.** Will my baby choke if she sleeps on her back?
**A.** No. Healthy babies have a natural reflex that lets them swallow and cough up fluids. Even older babies that can roll to their stomach should be put to sleep on their back.
**Q.** Can my baby sleep in a car seat or swing?
**A.** A car ride or swing can help a baby fall asleep, but move your baby to a crib once asleep. Small babies (under two months old) can't hold their head up and may stop breathing if they fall asleep sitting up.

For more information:

http://www.dfps.state.tx.us/Room\_to\_Breathe/