



# Safe and Sound Sleep

A Guide to Help Your Baby Sleep Safely



The Original  
**SwaddleMe®**

march  of dimes®

working together for stronger, healthier babies

Your purchase of this product helps Summer Infant® support the March of Dimes® mission of improving the health of babies. March of Dimes does not endorse specific brands or products.

By Your Side™  
Sleeper



## Creating a Safe Sleep Zone

The following guidelines can help create a safe sleep zone for baby:

- Place your baby to sleep on his or her back at nap and nighttime.
- Create a sleep safety zone *by removing all soft, fluffy or loose bedding, blankets and toys* from the crib. Never place additional padding under an infant.
- Use a wearable blanket or a sleeper instead of blankets.
- Do not put your baby to sleep on any soft surface (sofas, chairs, waterbeds, quilts, blankets, sheepskins, etc.)
- Room sharing is recommended as opposed to bed sharing. Having your baby in a separate sleeping environment is recommended to avoid rolling over or suffocation.
- Educate relatives, babysitters and other caregivers about these important safety tips.

## Taking Steps to Keep Your Baby Safe

- Get regular prenatal care for you and your unborn baby.
- Do not allow anyone to smoke near your baby.
- Always put your baby to sleep on his or her back.
- Consider placing baby's crib near where you sleep.
- Throughout your baby's first year, consider offering a pacifier when he or she is falling asleep for both naps and nighttime.
- Do not dress your baby too warmly for sleep.
- Take your baby for scheduled well-child checkups and talk to your pediatrician about changes in your baby's behavior and health.
- Follow immunization schedules for your baby.
- Breastfeeding has been shown to be good for babies as it builds their immunity against illness and infection.

## What is SIDS?

SUDDEN INFANT DEATH SYNDROME (SIDS) is a sudden, unexpected death of an apparently healthy infant under one year of age that cannot be attributed to other causes. Most SIDS deaths occur when a baby is between 2 and 4 months old. Approximately ninety percent of all SIDS deaths occur before 6 months of age.

As a result of the national Back To Sleep Campaign launched in 1994, SIDS deaths have declined by more than 50%. Despite that success, SIDS remains the leading cause of death for infants one month to one year of age, claiming the lives of approximately 2,000 babies each year.

Recent research indicates that there may be a biological predisposition to SIDS - a finding that may help better identify babies at risk and prevent more SIDS deaths.



## Check Your Crib for Safety

Older cribs may not meet current safety standards and may be on the "Most Wanted" list at the Consumer Product Safety Commission (CPSC). Always follow these crib safety standards:

- Always use a firm, tight-fitting mattress as infants can suffocate in gaps between a poorly-fitting mattress and the crib sides or ends.
- Inspect the crib to be sure there are no missing, loose, or broken parts.
- There should be no more than  $2 \frac{3}{8}$ " (about the width of a soda can) between crib slats.
- Do not use a crib with corner posts over  $\frac{1}{16}$ " high to prevent baby's clothes from catching.
- Do not use a crib with any cutouts in the headboard or footboard, as babies can get trapped in the openings.
- Make sure crib sheets fit snugly on a crib mattress so they cannot be dislodged by pulling on the corner of the sheet.
- Do not place crib near a window or close to blind cords, which are a strangulation risk.

Infants can strangle in baby monitor cords! CPSC offers the following safety tips to prevent deaths and injuries associated with baby monitor cords:

- Use a wireless baby monitor to avoid risk of strangulation.
- If using a baby monitor with cords, never place within 3 feet of a crib or within baby's reach.

NOTE: These tips are important even if your baby is not yet standing or mobile.



*Baby Touch™  
Digital Color Video Monitor*

Source: Recommendations by the American Academy of Pediatrics, the Consumer Product Safety Commission and the National Institute of Child Health and Human Development.

[www.summerinfant.com](http://www.summerinfant.com)



## Swaddling Helps Babies Soothe & Sleep

- Snug swaddling soothes babies by recreating the familiar snugness of being in the womb
- Swaddling decreases the incidence of the startle reflex which frequently wakes babies



### Dr. Alanna Levine, Pediatrician

*Providing a proper sleep environment is one of the most important things you can do for your baby. If done correctly, swaddling can be a safe and practical way to help promote sleep for your child since infants who are swaddled during sleep have been found to startle less and sleep longer.*

*Infants should always be placed to sleep on their backs, in a crib or bassinet with a firm mattress and tight fitting sheet.*



*\*Because every baby reaches developmental milestones like rolling over and pulling up to standing at different times, this chart is meant to serve as a guideline. Check with your pediatrician for the right time to transition your baby from one SwaddleMe solution to the next.*

## SwaddlePod®

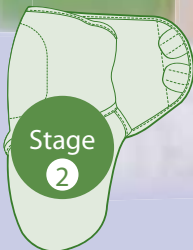
SwaddlePod®  
is perfect for  
newborns and  
recreates the  
familiar feel of  
mother's womb



*SwaddleMe® has got your baby covered*

## SwaddleMe®

SwaddleMe®  
Adjustable Infant  
Wrap provides the  
most effective way  
to securely  
swaddle  
newborns.



## SwaddleMe® Sack

SwaddleMe® Sack provides a simple and safer alternative to loose blankets and keeps baby covered.



*from birth to 12 months!*

## SwaddleMe® Muslin Blankets

SwaddleMe® Muslin Blankets are lightweight 100% cotton and can be used to swaddle baby

40" x 40"



# It's a SwaddleMe® World!™

Please visit [www.swaddleme.com](http://www.swaddleme.com) for tips on swaddling your baby, safe sleep & to check out our full range of SwaddleMe® products.



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Visit [www.marchofdimes.com/summerinfant](http://www.marchofdimes.com/summerinfant) for more information on the Summer Infant partnership with March of Dimes as well as recommendations on safe sleep practices.

*March of Dimes does not endorse specific brands or products. Summer Infant is contributing a minimum of \$200,000 to March of Dimes in 2011 and 2012.*

## Health & Safety Resources for Parents

U.S. Consumer Product Safety Commission, Office of Public Affairs  
[www.cpsc.gov](http://www.cpsc.gov)

National Institute of Child Health and Human Development  
[www.nicd.nih.gov](http://www.nicd.nih.gov)

American Academy of Pediatrics  
[www.HealthyChildren.org](http://www.HealthyChildren.org)

*March of Dimes*  
For more health information, please visit us online at  
[www.marchofdimes.com](http://www.marchofdimes.com)



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Summer products are inspired by our desire to nurture and protect our children and to simplify everyday parenting challenges.

You will find our award-winning products at retailers nationwide. For more information about our products and where they may be purchased, please visit us online.

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