

Sleep Related Infant Death

- Sudden Infant Death Syndrome (SIDS)
- Strangulation
- Suffocation
- Unintentional Death

What to avoid

- Sleeping in bed with baby
- Soft bedding
- Overheating baby
- Head coverings
- Exposing baby to alcohol, smoke, and illicit substances
- Using wedges and positioners



Contact Us

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Safe Sleep for Mom and Baby

Family Centered NAS
Care Program

Banner University
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Tummy Time

Helps strengthen neck and shoulder muscles.

Helps prevent flat spots on back of head.

Everyone who cares for baby should place them on their backs to sleep to reduce the risk of Sleep Related Infant Death.

Safe Sleep: What to Do

- Back to Sleep until age 1.
- Use firm sleep surface
- Breastfeeding
- Room-sharing okay
 - (no bed sharing)
- Use pacifier for nighttime and naps.
- Skin to skin care.
- Bedside sleepers and in-bed sleepers are okay.

Safe Sleep Resources



American Academy of Pediatrics



National Institute of Health



Centers for Disease Control

Avoid too much time in car seats and carriers

