



For more information about how to keep your child safe, please call **Hastings Children's Aid Society** at **613-962-9291** and ask for a safe sleeping brochure.



Belleville



**Sleep
Safe
...Baby**

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Babies are safest when they sleep alone, on their backs.

Sleeping with your baby can be dangerous. The number of infant deaths, where unsafe sleeping practices were a factor, is a growing concern. Infants who sleep with adults and/or other children are at an increased risk of being physically harmed or suffocated by persons accidentally rolling over on the baby. Adult bedding or soft surfaces, such as an adult mattress, pillow and a couch, also increase the risk of suffocation, because the baby is unable to move or ask for help when they can't breathe.

Babies are at a heightened risk if they sleep with anyone who is:

- Overweight
- Under the influence of alcohol and/or drugs
- Has taken medication that makes them sleepy
- Is ill or extremely tired

Take these steps to keep your baby safe:

- Always put your baby to sleep alone in their crib
- Put your baby on their back to sleep to reduce the risk of SIDS
- Make sure that your baby's crib mattress is firm and fits securely to the sides of the crib
- Ensure that your baby's crib is free of pillows, blankets, bumpers and stuffed toys
- Never put your baby on an adult bed, couch or any other soft surface to sleep, even for a nap
- Do not place your baby in their infant car seat or infant swing for the purpose of sleeping
- Don't let your baby get too warm. Do not overdress your baby for sleep, especially if they are ill
- Ensure that everyone who cares for your baby is aware of your choice to use safe sleeping practices



You don't have to sleep in the same bed to keep your baby close at night.

- You can place your baby's crib in your room near your bed
- When your baby wakes in the night, comfort your baby and try soothing techniques such as rocking, diaper change, feeding or offering a pacifier
- Once calm, put your baby to sleep alone in her/his crib, on their back.