



Safe Sleep Tips for Your Baby




First
Candle

HELPING BABIES SURVIVE & THRIVE



For baby's safest sleep, share these safety tips with everyone who cares for your baby.

ALWAYS

- Place baby to sleep on his or her back at naptime and at night time.
- Use a crib that meets current safety standards with a firm mattress that fits snugly and is covered with only a tight-fitting crib sheet. Place your baby's crib near your bed.
- Remove all soft bedding and toys from your baby's sleep area. The American Academy of Pediatrics suggests using a wearable blanket instead of loose blankets to keep your baby warm.*
- Breastfeed, if possible, but when finished, put your baby back to sleep in his or her separate safe sleep area alongside your bed.
- Offer a pacifier when putting baby to sleep. If breastfeeding, introduce the pacifier after one month or after breastfeeding has been established.

NEVER

- Never put your baby to sleep on any soft surface (adult beds, sofas, chairs, water beds, quilts, sheep skins, etc.)
- Never dress your baby too warmly for sleep; keep room temperature 68-72°F (20-22°C).
- Never use wedges or positioners to prop your baby up or keep him on his back.
- Never allow anyone to smoke around your baby or take your baby into a room or car where someone has recently smoked.

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden, unexpected death of a baby younger than one year. SIDS and accidental suffocation are the leading cause of death for babies one month to one year of age.

While SIDS affects families of all ethnic, social and economic backgrounds, babies born too early or at a low birth weight are at increased risk, as are babies born to mothers who smoke during pregnancy and those who do not receive good prenatal care. Most SIDS deaths happen between two and four months of age, with 90 percent occurring before six months of age.

While the exact cause of SIDS is not yet known, research has shown that by creating a safe sleep environment, parents and caregivers can help reduce their baby's risk.



HALO® SleepSack® wearable blanket: Helps Your Baby Sleep Safely and Soundly

The American Academy of Pediatrics and leading SIDS organizations warn against the use of soft and loose bedding in cribs. This has made many parents unsure about how to ensure their baby is comfortable and safe while sleeping.

Created by Bill Schmid after losing a child to SIDS, the HALO® SleepSack® wearable blanket replaces loose blankets in the crib that can cover your baby's face and interfere with breathing. It has been recognized by the International Hip Dysplasia Institute as a "hip healthy" way to swaddle. It's unique design allows baby's legs to kick free for healthy hip development. In addition to sleeping safer, the HALO SleepSack wearable blanket helps babies sleep better, too. It's a warm cuddly blanket they can't kick off, ensuring baby sleeps soundly throughout the night.



Babies Should Always Sleep on Their Backs

One of the best things you can do to help reduce the risk of SIDS is to place your baby on his or her back to sleep, even when you put them down for a nap. Research has shown that putting babies to sleep on their backs can reduce the risk of SIDS. The national "Back To Sleep" campaign began in 1994 and is credited with saving more than 3,500 infant lives each year.



- The vast majority of babies sleep comfortably on their backs if they are placed in that position from the very first day.
- Doctors also feel babies are less likely to choke on their backs (based on the position of the esophagus and trachea or windpipe).
- Some babies have medical conditions that may require a different sleep position – check with your doctor or nurse if you are concerned.
- Tummy time is important for babies while they are awake and being supervised. Place your baby on his or her tummy for playtime to help strengthen the upper body muscles.

A Safe Crib for Baby

Follow these guidelines to ensure your baby's crib is safe.

- Your baby should sleep in his or her own crib, with a firm mattress that fits the crib tightly with no gaps. If you can fit more than two fingers between the mattress and the crib side, your crib is unsafe.
- Be sure the crib slats are no more than 2 3/8" apart (no wider than a soda can).
- Never use pillows, sleep positioners, comforters, stuffed animals, bumpers, blankets or other soft or puffy items in your baby's crib.
- Keep monitor and other cords out of your child's crib, these are a strangulation hazard.
- When buying a new crib, bassinet or play yard, be sure to fill out the product registration card so you can be notified directly if there is a recall or a safety alert.
- Do not buy a crib from a resale shop. Newer is generally safer.
- Do not use a drop-side crib.
- Place baby's crib in parent's bedroom.
- Never place a crib, bassinet or play yard near a window as that creates a serious fall hazard and a risk of strangulation on window blind cords.
- Regularly check the crib to be sure all parts are secure. Only repair a crib with parts provided by the manufacturer. Make-shift repairs can create new, deadly hazards.
- Lower the mattress position as soon as your child can push up on his or her hands and knees to prevent climbing out of the crib.

The above safety tips are provided in partnership with Keeping Babies Safe.

Safe sleep information provided in partnership with First Candle/SIDS Alliance

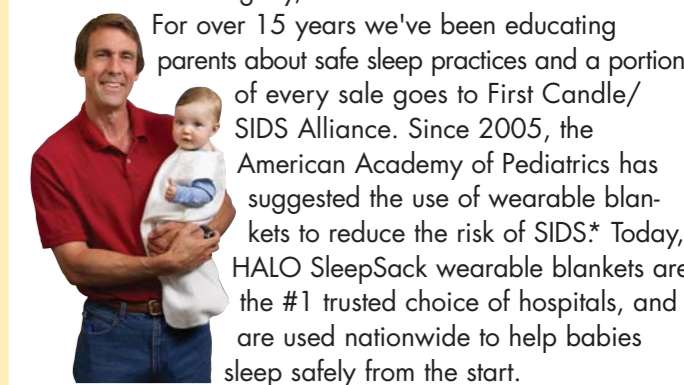


First Candle is a national nonprofit health organization uniting parents, caregivers and researchers nationwide with government, business and community service

groups to advance infant health and survival. With help from a national network of partner organizations, First Candle/SIDS Alliance is working to increase public participation and support in the fight against Stillbirth, Sudden Infant Death Syndrome (SIDS) and other causes of Sudden Unexpected Infant Death (SUID). For more information or to make a tax-deductible contribution, call **800-221-7437** or visit www.firstcandle.org.

HALO's Mission: Help Babies Sleep Safely

Our founder Bill Schmid and his wife lost their first born to SIDS. From this tragedy, HALO and its mission were born.



To find HALO SleepSack products at a retailer near you, visit HaloRetailers.com. For more information visit www.HaloSleep.com or call **888-999-HALO**.

*The American Academy of Pediatrics' (AAP) recommendations for wearable blankets is not specific to the HALO® SleepSack® wearable blanket. The recommendations are not meant to imply that the HALO SleepSack wearable blanket prevents SIDS. Rather, it may be useful to help reduce the incidence of SIDS and suffocation, especially when used in conjunction with other measures recommended by the AAP.



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