

Safe Sleep During Winter

Sleep related deaths are a major concern in Kentucky. By following the American Academy of Pediatrics' Safe Sleep recommendations, sleep related deaths can be greatly reduced.



- **Babies should sleep alone** in their own crib, bassinet or play yard. The baby's sleep area may be in the parent's room, but **not** in the parent's bed.
- **Always place infants on their backs to sleep** to reduce the risk of SIDS.
- Keep the crib, bassinet or play yard **free and clear** of soft objects, toys, loose bedding, bumper pads and pillows.
- **No smoking** around the baby.
- **Breastfeeding** and giving baby a pacifier during sleep also reduces sleep related deaths.

Protection for Winter Weather

- Baby can be dressed in a **one-piece pajama or wearable blanket**. Wearable blankets can be layered over undershirts or a onesie. Do not let your baby get too hot by overdressing them or wrapping them in heavy blankets.
- **Keep the baby's room at a comfortable temperature**. Do not overheat the room.
- **Do not put a hat on your baby to sleep**; there is a risk the hat could slip down, covering the baby's face.
- If a blanket must be used to keep a baby warm, **make sure** the baby's feet are at the bottom of the crib and the blanket is tucked in around the mattress. The blanket should be no higher than the baby's chest with the baby's arms out.



REMEMBER to keep all portable heaters away from the baby and baby's sleep area. The baby can overheat if too close to a heater, receive burns or become tangled up in cords of small electric heaters.