

Childcare Connections

Updated Safe Sleep

To reduce the risk of Sudden Infant Death Syndrome (SIDS) infants, unless ordered by a physician, should be placed on their backs to sleep on a firm surface made for infant sleeping.

American Academy of Pediatrics Recommendations for Safe Sleep

What is the safest way for babies to sleep?



- 1. Put babies to bed on their back.**
This is the safest way to sleep when they are too young to turn themselves over.
- 2. Keep the sleep surface clutter-free**
(skip the pillows, bumpers, blankets, and toys).
- 3. Use a firm and flat mattress.**
- 4. Put babies to sleep in their own space.**



<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Sleep-Soundly-While-Baby-Sleeps-Safe.aspx>

1. Children under 12 months should be placed on their backs to sleep. If the infant can roll both ways independently and rolls during sleep you do not have to return them to their back.
2. Blankets, pillows, and stuffed toys can increase the risk of suffocation, strangulation or entrapment. The proper use of sleep sacks are an alternative to blankets.
3. If the infant falls asleep in a car seat, stroller, swing, or infant carrier move them into their crib, pack and play, bassinet, etc. as soon as possible.
4. **Do not let children get too hot or cold. Babies can overheat because of too much bedding, clothing or due to room temperature, the ideal temperature should be 68°F -72 °F. Infants lose excess heat through their heads, do not cover their heads with hats or bedding.**

Information retrieved from: [Safe Sleep for Your Baby](#)

Find us on:



HealthBermuda



Health_bermuda



healthbermuda



gov.bm/



GOVERNMENT OF BERMUDA

Ministry of Health

July 2023