

Safe Sleep for Your Baby

Reduce the risk of Sudden Unexpected Infant Death (SUID), including SIDS and accidental suffocation for babies under one year old.

DON'T CO-SLEEP IN THE SAME BED

Give babies their own sleep space (crib, bassinet or portable play yard) in your room, separate from your bed.



Place baby on their back to sleep for naps and at night.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Use a sleep surface for baby that is firm (returns to original shape quickly if pressed on), flat (like a table, not a hammock), level (not at an angle or incline) and covered only with a fitted sheet.*



Keep things out of baby's sleep area—no blankets, pillows, toys or other items.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



Feed baby human milk, by breastfeeding, if possible, or by pumping from the breast. Feeding only human milk for the first 6 months provides the greatest protection from SIDS.



Stay smoke- and vape-free during pregnancy and keep baby's surroundings smoke- and vape-free.



Stay drug- and alcohol-free during pregnancy and make sure anyone caring for baby is drug- and alcohol-free, too.



Avoid letting baby get too hot and keep baby's head and face uncovered during sleep.



Use a sleepsack or swaddler to keep baby warm without blankets in the sleep area. Make sure baby's head and face stay uncovered during sleep.



Get regular medical care throughout pregnancy.



Follow health care provider advice on vaccines, checkups and other health issues for baby.



Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Avoid heart, breathing, motion and other monitors to reduce the risk of SIDS.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Give babies plenty of "tummy time" when they are awake and when someone is watching them.

For more Safe Sleep guidance, visit

- Rhode Island Department of Children, Youth & Families, dcyf.ri.gov/programsinitiatives/safe-sleep
- Rhode Island Department of Health, health.ri.gov/new-parents/safe-infant-sleep-information-parents