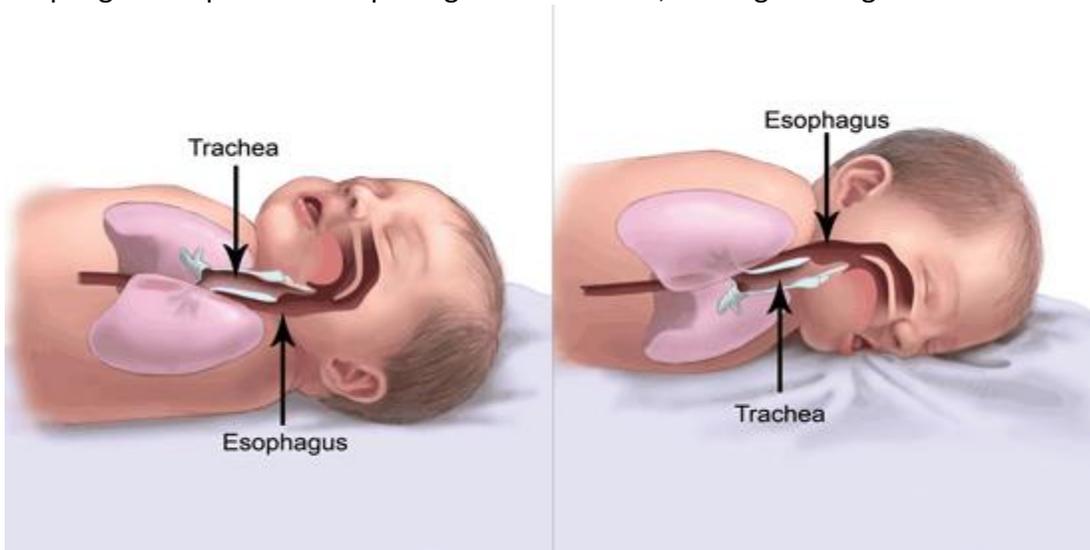


## PARENT/FAMILY/CAREGIVER TEACHING POINTS:

1. Follow the ABCs of Safe Sleep for every sleep: Alone, Back, Crib.
2. Nothing in the sleep area. This includes: no pillows, quilts, comforters, bumper pads, toys, or stuffed animals.
3. Use pictures to show parents that back sleeping does not increase the risk of choking. When a baby is in the back sleeping position, the windpipe lies on top of the esophagus, which leads to the stomach. Anything regurgitated or refluxed from the stomach through the esophagus has to work against gravity to enter the trachea and cause choking. When a baby is in the stomach position, anything regurgitated will exit the esophagus and pool at the opening for the trachea, making choking much more likely.



4. Bed sharing with anyone, including parents, other children and particularly multiples is not safe. Pets also pose a threat to sleeping infants.
5. Sleeping on an adult bed, couch, recliner or armchair with an infant is not safe.
6. Car seats, swings, and other sitting devices are not recommended for routine sleep in the hospital or at home.
7. Avoid commercial devices marketed to reduce the risk of SIDS—these include wedges, positioners, special mattresses, and special sleep surfaces. There is no evidence that these devices reduce the risk of SIDS or suffocation, or that they are safe.
8. Supervised, awake tummy time is recommended on a daily basis, beginning as early as possible, to promote motor development, facilitate development of the upper body muscles, and minimize the risk of positional plagiocephaly.
9. Encourage families to set strict rules for smoke-free homes and cars to eliminate secondhand smoke.
10. Encourage families to talk to anyone that cares for their infant about safe sleep including: child care providers, family, and friends.

For additional information and resources:

[Ohio Department of Health](#)

[Ohio Hospital Association](#)

[Ohio Chapter, American Academy of Pediatrics](#)