

Remember the ABCs of  
safe sleep! I am safest:

Alone;  
On my Back;  
In my own safety approved Crib

*concept developed by the Baltimore City  
Health Department*



### *Back Is Best For Baby's Sleep*

Now you lay me down to sleep  
on my back for safest keep.  
It's tummy time when I'm awake,  
but back is best for sleeping breaks.

Keep quilts, toys, and pillows out of my bed.  
Never put covers over or beneath my head.  
Cigarettes are bad for me.  
Please keep my environment smoke-free.

These may be many rules to know,  
but minding them will help me grow!  
Remember this rhyme when caring for kids,  
and help reduce the risk of SIDS.

*Safe Sleep Poem Courtesy First Candle*

For more information about SIDS and Infant Safe Sleep contact:

Council on Healthy Mothers and Babies  
614.586.1914  
[www.healthymothersandbabies.org](http://www.healthymothersandbabies.org)

SID Network of Ohio  
800.477.7437  
[www.sidsohio.org](http://www.sidsohio.org)

First Candle  
800.221.7437  
[www.firstcandle.org](http://www.firstcandle.org)

## For You Grandma and Grandpa...



## Keeping Grandbabies Safe While They Sleep

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Brought to you by the  
**Franklin County Infant Safe Sleep Task Force**  
Columbus, Ohio

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## The truth about Sudden Infant Death



Sudden Infant Death Syndrome (SIDS) is a leading cause of death for babies up to 1 year of age. SIDS claims the lives of thousands of American babies each year, and is higher among African Americans than any other group. SIDS is sometimes called crib death, but cribs do not cause SIDS. You can lower the risk of SIDS and other infant sleep-related death by learning about safe sleep.

### What you can do to help protect your grandbaby

As loving grandparents you can help teach new moms about infant sleep-related deaths. Tell them the facts about safe sleep.

**BABIES ARE SAFEST ON THEIR BACKS.**



Your grandbaby can grow up happy and healthy with your help! Pass the word on to all caregivers — baby-sitters, relatives, neighbors, church nursery workers, day-care workers and close friends. You will make a safer world for all grandbabies!

## As a loving grandparent, you can help lower my risk by knowing that:

- I am safest sleeping on my back.
- I am safest sleeping alone, in a crib.
- I should not sleep in a bed, on a couch, or on the floor. Keep my sleep area close to, but separate from, where you and others sleep.
- I am safest with no stuffed animals, toys, pillows, blankets, and bumper pads in my crib.
- Smoking around me increases the risk of sudden infant death.
- I usually need one layer more than an adult. Dress me so that I will not get too hot and overheat during sleep. Feel the back of my neck to know.
- Breastfeeding decreases the risk of sudden infant death, so encourage mommy to breastfeed me.
- Pacifier use may also reduce the risk of sudden infant death. Encourage me to use a pacifier while napping and at nighttime for the first year. If I am a breastfed baby, do not introduce a pacifier until I am at least 1 month of age.



### What about tummy time?

I should be placed on my tummy when I am awake and being watched by someone. Tummy time is very important because:

- it helps my head stay round;
- it helps my neck and shoulder muscles get stronger.

