

## Please Share

Share this **Safe Sleep Guide** with other mamas, papas, grandmas, grandpas, aunties, uncles, caregivers, birthing coaches, doulas, and providers to help us protect babies and reduce SIDS.

**Sleep Safe Baby** is an Infant Safe Sleep Public Education and Awareness Campaign funded by First 5 Fresno County. Our hope with Sleep Safe Baby is to shift cultural norms and everyday sleep practices to reduce SIDS in Fresno.



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# SleepSafe BABY



# Black Dads Matter

**TIPS FOR FATHERS TO  
HELP REDUCE THE RISK  
OF SUDDEN INFANT  
DEATH SYNDROME**



Ceth & Olivid



## SleepSafe BABY

# Black Dads Matter:

## TIPS FOR FATHERS TO HELP REDUCE THE RISK OF SIDS

Dads today spend triple the amount of time caring for their children than dads did years ago! You got a lot on your plate, but the love, care and support you give to your family is so rewarding!

That's why it's so important as a dad, you can step up and learn how to reduce the risk of sudden infant death syndrome (SIDS). Sudden unexpected infant death (SIDS or SUIDS) is the unexplained death of a baby younger than 1 year old. SIDS or SUIDS usually happens when a baby is sleeping.



**Here are some key things to think about, plan and do to keep your baby sleeping safe and comfortable:**

**Always place your baby on his or her back to sleep for naps and at night.** Research proves this is the most effective action to lower a baby's risk of SIDS.

**Use a firm sleep surface, such as on a safety approved crib mattress, covered by a fitted sheet.** It is unsafe for baby to sleep on pillows, quilts, or other soft surfaces.

**Keep soft objects, toys, and loose bedding out of your baby's sleep area.** Make sure nothing covers your baby's head.

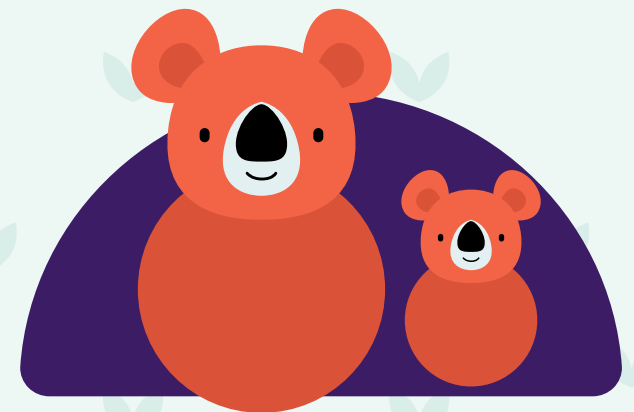
**The safest place for your baby to sleep is in the same room with you for the first six months.** Give babies their own sleep space in your room, separate from your bed.

**Think about using a clean, dry pacifier when placing the infant down to sleep, but don't force the baby to take it.** If your spouse is breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.

**Best not to let your baby overheat during sleep.** Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

**Be careful of products that claim to reduce the risk of SIDS** because most have not been tested for effectiveness or safety.

**Best not to use home monitors to reduce the risk of SIDS.** If you have questions about using monitors for other conditions talk to your health care provider.



\*The information in this guideline comes from the American Academy of Pediatrics (AAP).