

# Babysitters

## Guide to Safe Sleep



### **ALONE**

Stay Close,  
Sleep Apart



### **BACK**

On their Back for  
Nights and Naps



### **CRIB**

Clean, Clear Crib



### **DANGER**

Be Aware,  
Not Impaired

Infants are babies under one year of age. Every year in Kentucky, as well as the nation, babies die unexpectedly while they are sleeping. In fact, from one month to one year of age SIDS is the primary cause of infant death. You can help prevent these sleep related deaths by remembering the following:

- **Babies should always sleep Alone, on their Back and in their Crib or other Safe Sleep Space for all sleep times, both night and naps.**
- **A Safe Sleep Space is a crib, bassinette or pack & play that has nothing in it but the mattress and a fitted sheet.**
- **There should be absolutely no smoking around the baby.**
- **Do not overheat the baby with blankets or many layers of clothing. If you are comfortable in a single layer of clothing, the baby will be too.**

- **Do not become distracted by your phone or video games and forget to check on the baby.**

Babies cry for many reasons because it is their way of communicating with you. Babies may appear to cry for no reason. Remember, a baby does not cry to be bad or make you angry. If the baby is crying you can try the following:

- Check to see if the baby is hungry, tired or needs changing.
- Hold the baby close to you.
- Walk and sing to the baby.
- Take the baby outside or into a quiet room.
- Call your baby's doctor or a friend for advice.

If you become frustrated with a baby crying, place the baby in their Safe Sleep Space and go into another room to take time to calm yourself. Go back to check on the baby about every 15 minutes. No matter how frustrated you become you must **NEVER** shake a baby.