Always place your baby on his or her back to sleep, for naps and at night.

Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.

Avoid wedges, positioners or other products unless prescribed by your baby’s doctor.

Keep pillows, bottles, toys, crib bumpers, and loose bedding out of your baby’s sleep area.

Don’t sleep with your baby in a bed, on a chair or couch – put your baby in his or her own bed.

Keeping your baby’s sleep area in the same room where you sleep reduces the risk of SIDS and other sleep-related causes of infant death.

Offer your baby a pacifier that is not attached to a string for naps and at night. If your baby is breast-fed, wait until your baby is one month old before offering a pacifier.

Keep your baby warm, but not hot. Dress your baby in one layer of clothing extra than what you would wear to be comfortable and leave the blanket out of the crib.

Follow your health care provider’s guidance on your baby’s vaccines and regular health checkups. Talk with your doctor if you have any questions about how your baby sleeps.

Give your baby plenty of time on his or her tummy when awake and when someone is watching.

Do not smoke or allow smoking around your baby.

Place your baby’s crib away from curtains or blinds to avoid strangulation by cords.

Make sure anyone caring for your baby knows about safe sleep practices.

*The actions listed here are based on recommendations from the American Academy of Pediatrics Task Force on SIDS.