

## SAFE SLEEP GUIDANCE FOR FOSTER PARENTS:

Every baby needs their own safe sleep space.

Create a safe sleep space by following the **ABCDs**

- **Alone:** Babies should always sleep alone. There should never be anything in a baby's sleep space except for the baby. A pacifier is permissible if the baby uses one, but if breastfeeding, please wait until breastfeeding is well established. Pacifiers should not be attached to a string, cord, stuffed animal, or anything else.
- **Back:** A baby should always sleep on their back for every sleep both nighttime and naps. Back sleeping on a firm surface reduces the risk of sudden unexplained infant death syndrome (SUIDS).
- **Crib:** A baby's crib should contain a fitted sheet only; no blankets, toys, pillows, bumpers, or other items that could cover a baby's face and suffocate them. Cribs, bassinets, and pack & plays with firm mattresses are the only safe places for babies to sleep.
- **Danger:** Being tired, sleepy, exhausted, or under the influence of alcohol or drugs (including some prescriptions) impairs one's ability to care for a baby, making bed sharing and other unsafe sleep practices more dangerous. Smart phones and other devices can take away from adequate supervision and lead to safety issues. They also reduce face-to-face interaction that is vital to a baby's emotional and intellectual development.

### Additional tips:

- Do not overheat a baby. If you are comfortable in light clothing, the baby will be, too. Keep the room temperature at a comfortable setting for you.
- If your baby does require an extra layer for warmth, dress them in layers such as a onesie and a footed sleeper, or use a sleep sac over their clothing. Blankets should not be used in the bed for warmth.
- Your baby may not stop crying no matter what you try. If you need to take time to calm yourself, place your baby in a safe sleep space (**Alone**, on their **Back** and in their **Crib**) and check on them every fifteen (15) minutes.
- Keep your baby away from cigarette smoke, which includes e-cigarettes. This is a good time to make your home and car smoke free.
- Provide tummy time for your baby every day, while they are awake and an adult is watching. This helps with muscle development.
- A baby should never sleep in a car seat, swing, infant seat, adult bed, couch, chair, or any other item not designated for infant sleep. ❓

**Call the parent support line at 1-800-244-5373 or talk to your baby's doctor. No matter how frustrated you get, NEVER, NEVER, NEVER shake a baby.**