

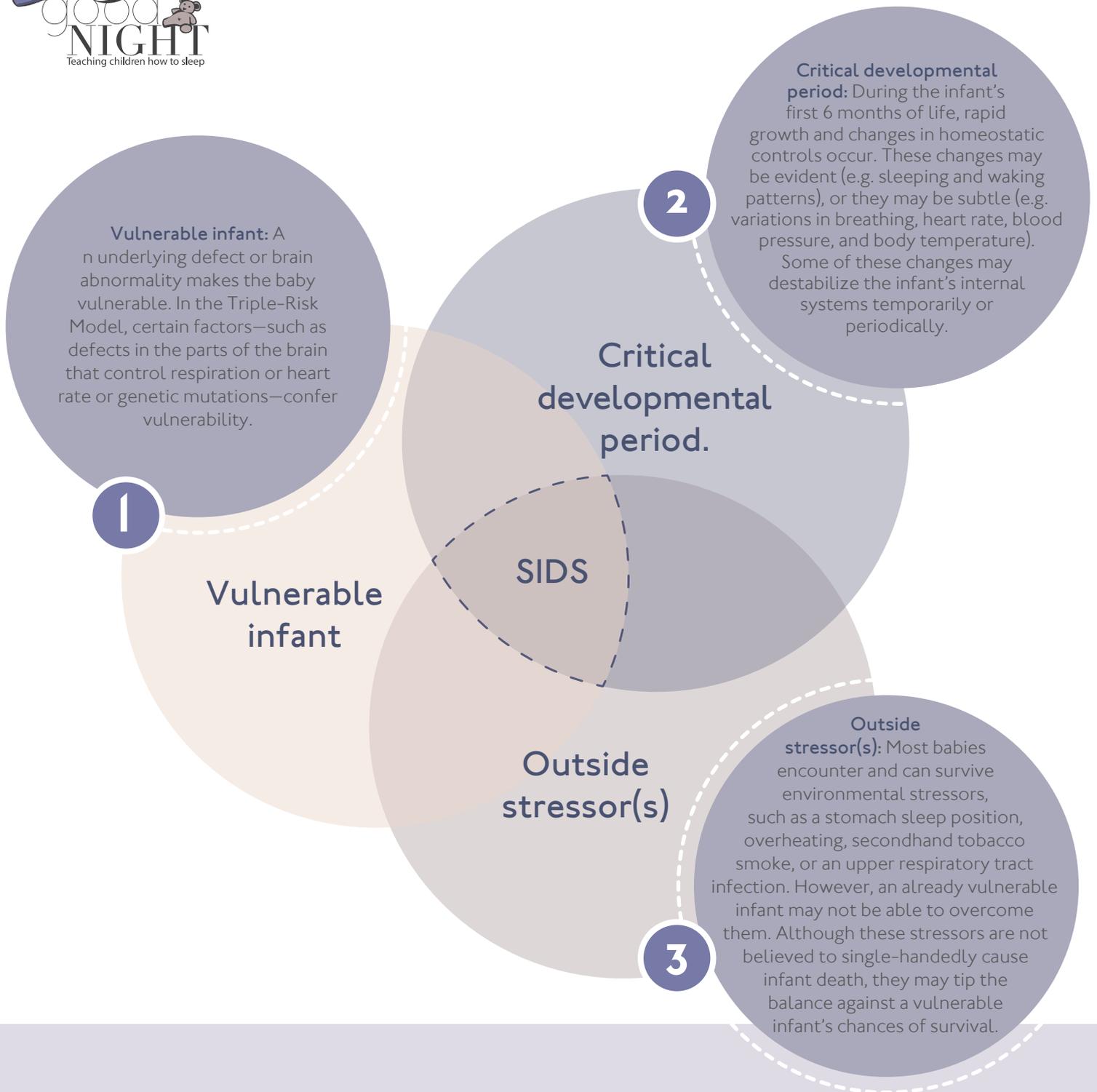
SAFE SLEEP TIPS



good
NIGHT
Teaching children how to sleep



THE TRIPLE-RISK MODEL FOR UNDERSTANDING SIDS DEATHS



According to the Triple-Risk Model, all three elements must be present for a sudden infant death to occur:

1. The baby's vulnerability is undetected.
2. The infant is in a critical developmental period that can temporarily destabilize his or her systems.
3. The infant is exposed to one or more outside stressors that he or she cannot overcome because of the first two factors.

If caregivers can remove one or more outside stressors, such as placing an infant to sleep on his or her back instead of on the stomach to sleep, they can reduce the risk of SIDS

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?



Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

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

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Make sure nothing covers the baby's head.

Do not smoke or let anyone smoke around your baby.

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

Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Baby's sleep area is next to where parents sleep.



SAFE SLEEP FOR YOUR BABY



- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Room sharing—keeping baby’s sleep area in the same room where you sleep—reduces the risk of SIDS and other sleep-related causes of infant death.
- Keep soft objects, toys, crib bumpers, and loose bedding out of your baby’s sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
 - » Get regular health care during pregnancy, and
 - » Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby’s vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- Do not use home heart or breathing monitors to reduce the risk of SIDS (unless prescribed by a doctor).

Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



CONTACT US

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