

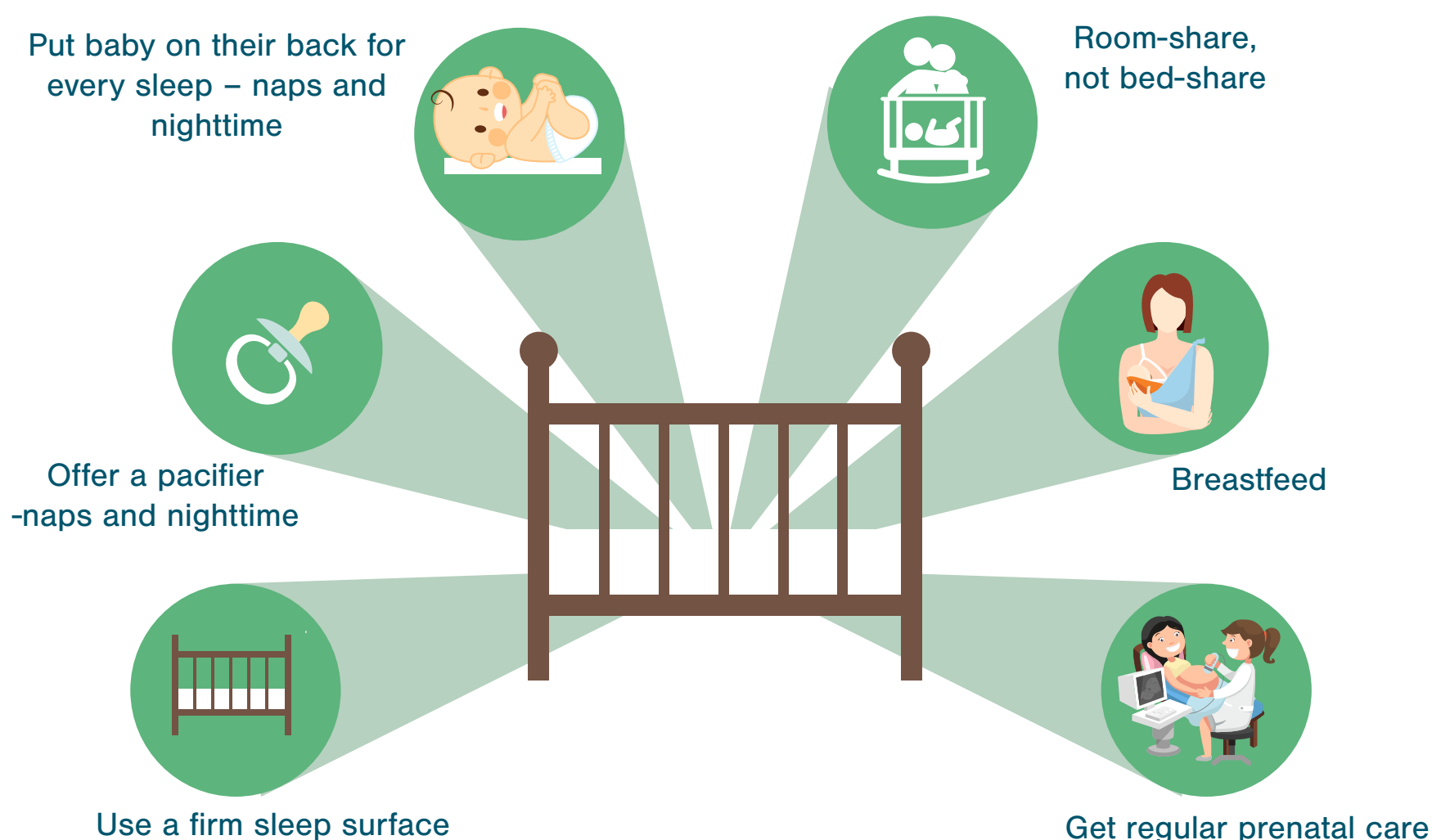
INFANT SAFE SLEEP

Your Guide to Safe Sleep Practices in Iowa

Many infants die during sleep from unsafe sleep environments. Some of these deaths are from entrapment, suffocation and strangulation. Some infants die from sudden infant death syndrome. There are many ways to keep your baby safe while sleeping.

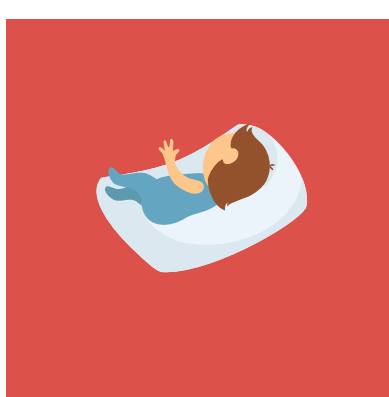
How Can I Keep My Baby Safe?

DO...



DON'T...

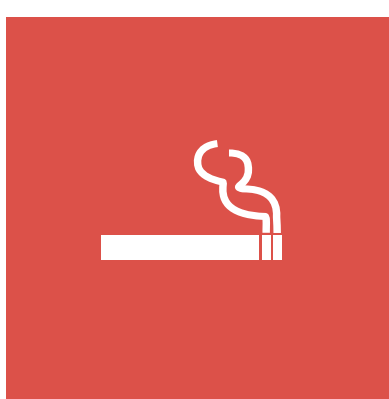
Use bumper pads & infant positioners



Use home cardio-respiratory monitors



Use soft objects or loose bedding



Smoke



Use alcohol or illicit drugs



Over-heat baby

IOWA BABIES SLEEP...

In a Crib



Alone



On Their Backs



On a Firm Mattress



Without Pillows



Without Blankets



Without Bumper Pads



Key

- All Iowa Babies
- Hispanic Babies
- Non-Hispanic Black Babies
- Non-Hispanic White Babies

MORE

Information about crib safety standards at:

www.cpsc.gov/safety-education/safety-education-centers/cribs/

www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx

Safe Sleep Data for Iowa:

<http://idph.iowa.gov/prams/publications>

Safe Sleep Recommendations:

<http://pediatrics.aappublications.org/content/128/5/e1341.full>

Data Source: Iowa PRAMS 2013

