
Recommendations for Infant Sleep Safety

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

Full article

Your child should always sleep on his or her back (supine position).

This measure allowed reductions in mortality between 20 and 67%, without increasing the number of deaths due to aspiration of vomiting. Containment systems such as rollers, strips, etc. should not be used. Home monitors do not reduce the risk of sudden death and do not allow the detection of obstructive apneas.

Your child should sleep in an appropriate bed

Up to 2 years old, the baby should sleep on a baby crib, on a firm mattress that is well adapted to the size of the crib, so that there is no space between the mattress and the bars. The use of soft mattresses and duvets instead of sheets and blankets can make suffocation possible.

Uncover your baby's head

Bedding should not cover your baby's head. You should not use a cushion, diaper, hats, bibs, or other items that could cover the baby's head. Do not cover the infant too much - the head should always be uncovered - clothing should not be over the shoulders and blankets should not be weighed.

Do not use blankets or duvets

When you need to warm your baby choose sleeping bags with zipper. If you prefer the blankets never put them above the baby's armpit line and fasten them firmly to the mattress. Never leave loose bedding in a way that will prevent the child from pulling up on the face.

Avoid overheating

Do not put the baby in your bed to sleep

Your baby should sleep in a proper bed. During the first six months the bed should be placed next to the mother's bed.

An awake baby can be in other positions

Teach your baby to sleep on her belly and play belly down.

Breastfed babies have a lower risk of SIDS.

Breastfeed or feed your baby expressed breast milk. The AAP recommends breastfeeding as the sole source of nutrition for your baby for about 6 months. Even after you add solid foods to your baby's diet, continue breastfeeding for at least 12 months, or longer if you and your baby desire.

A pacifier may reduce the risk of sudden death

Give the baby a pacifier to sleep, but if he rejects her, do not force it. If the baby is breastfed, the pacifier should not be offered in the first weeks of life as it may impair the baby's adaptation to the breast.

Do not smoke during pregnancy, or after

The risk of SIDS increases if the mother smoked during pregnancy and continues to smoke after giving birth. When the father smokes too, the risk gets worse.

Do not let anyone smoke in the environment your child breathes - room, house, car or wherever he or she stays.

Package contents: 1 pillowcase; 1 bottom sheet attached to the top sheet; 1 safety system, removable and adjustable to baby growth; 1 information leaflet.

SAFETY BABY BED

is a safety system integrated into bed sheets, whose specific design prevents the baby from sliding under the bed clothes, thus, reducing the risk of suffocation by the bedding.

It is for use from birth to four years old

Comfort and safety for the well-being of your child.



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