



# Safe Sleep

TOOLKIT

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# Safe Sleep

## TOOLKIT



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# Introduction

One of the most important issues parents face is ensuring their new little one is sleeping safely. Babies generally sleep a lot, but each one is unique. What always remains the same is the importance of practicing safe sleep at bedtime and naptime.

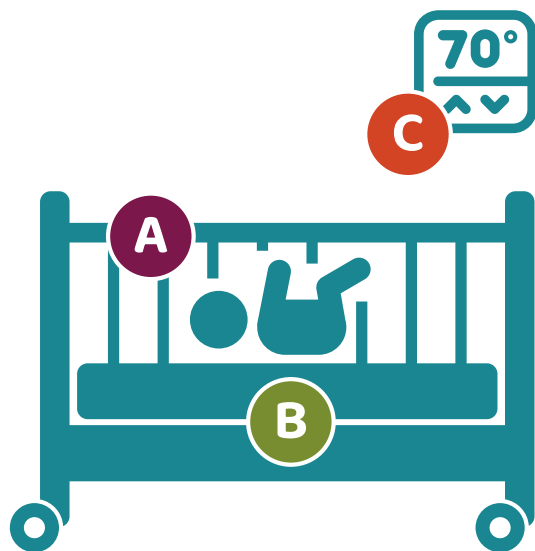
This toolkit is intended to provide clear and compassionate guidance to parents and caregivers for following safe sleep practices for babies. Using the information and resources in this guide can lower the risk of sleep-related infant deaths.

**Studies show that children ages 1 year or younger are at the greatest risk of sleep-related infant deaths.**

[cdc.gov/sids/data.htm](https://cdc.gov/sids/data.htm)



# How to Practice Safe Sleep



The ABCs of safe sleep are based on decades of learning:

## **A – Baby ALONE with nothing in the crib.**

Although room sharing is encouraged, bed sharing isn't. Not only should babies sleep in their own crib, bassinet or other safe sleep surface, but their sleep environment should also not include any toys (even soft or plush toys), loose bedding or bumpers as they pose a suffocation risk. Many parents believe that bumper pads can prevent injuries, but research shows that is not the case. In fact, there is a potential risk of suffocation, strangulation or entrapment when there are bumpers or other items in the crib.

## **B – Baby on their BACK.**

An infant should be placed on their back for naps and bedtime. Often parents are worried that their baby may choke while sleeping this way. In truth, babies are meant to sleep on their back. Their airway and their gag reflex naturally prevent choking. This recommended practice has been in place for almost 30 years.

## **C – Baby in a CRIB in a COOL room.**

Babies should sleep on a firm, flat, non-inclined sleep surface, such as a crib mattress covered by a fitted sheet that fits tightly in the crib. Babies sleep in lots of places outside of the crib. But babies who fall asleep in car safety seats, strollers, swings, infant carriers and infant slings should be moved to a safe sleep surface as soon as possible. When an infant is in a car seat, swing or carrier, their neck will be in a flexed position with their chin touching their chest, which can obstruct breathing during sleep and lead to asphyxiation. Babies sleeping on their backs on a flat surface keeps their airway open.

It's best to keep the room temperature between 68 and 72 degrees. It may seem odd to put a baby in a crib without blankets, but a cooler room is the safest sleep environment. If the room is much cooler than 68 degrees, babies can be dressed in a warmer onesie or a sleep sack — or one layer more than what adults are wearing to sleep in.

## Additional Guidance

### Room Sharing Rather Than Bed Sharing

Experts recommend that parents should share a room with their infant until the baby is at least 6 months old. Room sharing allows parents to be close to their baby for easy monitoring and feedings, and it's a great way to create peace of mind during those early months. Even in your room, babies should always sleep in their own bassinet or crib. Once they move into their own room, a baby monitor can help parents feel confident that their baby is sleeping soundly.



### Pacifiers

It's OK and now recommended to let a baby sleep with a pacifier in their mouth. If babies are breastfeeding, it's best to let them get the hang of nursing for a few weeks before introducing a pacifier. Pacifiers should have no added attachments, since cords, clips or small toys such as plush animals on the end of pacifiers could be choking hazards.

### Smoke-Free Environment

Smoking and secondhand smoke can be harmful to mom and baby. Secondhand smoke can present a greater risk for sudden unexpected infant death. A mother smoking during or after pregnancy, or smoking in or near an infant's sleep environment, are among those risks.

# Overcoming Safe Sleep Hesitation and Barriers

Parents want what is best for their children. However, knowing what is best isn't always easy. Having conversations in a respectful and nonjudgmental manner is the best way to address any misconceptions or concerns a parent may have when it comes to safe sleep practices.

## Bridging to Address Misinformation

Parents and caregivers may be misinformed about safe sleep practices, which can cause them to reject evidence-based safety recommendations. You have likely heard safe sleep myths or misconceptions in your own community.

Most misinformation is best dispelled in one-on-one, compassionate conversations. It's important to listen to, understand and value the perspective of parents. Knowing their concerns can help generate a productive conversation about safe sleep practices.

Bridging is a tool that will allow you to answer questions in a way that corrects misinformation and conveys the most important fact-based messaging in a nonthreatening way.





## Bridging Works in Three Stages

### Stage 1:

Acknowledge the concern or question to show that you care, are engaged and are listening.

#### Examples:

*"I hear that question a lot."* or *"I understand your concern."*

### Stage 2:

Build a bridge to connect their question or concern with your answer. Avoid using "but," as this may negate your previous statement and make your audience feel unheard.

#### Examples:

*"What it really comes back to is ..."* or *"What we know is ..."*

### Stage 3:

Convey and explain factual information to address the concern or question.

#### Examples:

*"A good rule of thumb on a chilly night is to dress your baby in one layer more than the adults sleeping in the room are wearing."*

*"The safest way to keep your baby close for monitoring is in their own crib or bassinet in your room."*

### Here is an example of what these three stages may sound like when put into practice.

**Hesitation/barrier:** *“She’s safer if I have her close by in the bed. I can see if she’s not breathing in the night.”*

**Response:** *“I understand where you are coming from. You want to make the right decision for your baby and make sure she is safe. What we know is that babies who sleep in bed with their parents are more at risk than those who sleep in their own crib or bassinet. Room sharing is a great way to check on her and give you peace of mind. Putting a crib in your room for her to sleep in is a great solution.”*



### Motivational Interviewing to Create Behavior Change

Motivational Interviewing is another strategy that may help parents change their behaviors. It is a collaborative conversation style for strengthening a person’s own motivation and commitment to change. Motivational Interviewing can be particularly helpful when someone is ambivalent about an issue, lacks motivation, or wants to avoid conflict.

Unlike more common approaches that give advice and information, Motivational Interviewing emphasizes relationship building, including the following practices.

## Overcoming Safe Sleep Hesitation and Barriers

- **Partnership.** We may have technical expertise about safe sleep for babies, but parents are the experts about their own children.
- **Acceptance.** Meet the person where they are, emotionally and psychologically.
- **Compassion.** Practicing empathy will help you understand a person's perspective and lived experience.
- **Evocation.** Be curious, and ask questions rather than just telling people what to do.





## Four Key Motivational Interviewing Skills

Motivational Interviewing uses a sequence of open-ended questions, affirmations, reflective listening and summaries (OARS) to help address ambivalence. This approach helps you to engage without arguing and causing people to defend their position.

1. **Ask open-ended questions** to start the conversation. Encourage the person to share their thoughts and ask questions that are not answered with just a yes or no. Ask one question at a time with lead-in words that will create engagement:  
*“Help me understand your concerns about safe sleep.”*  
*“Tell me what your friends and family have shared about the best ways to keep a baby safe when sleeping.”*
2. **Affirmations** of past successes help people build confidence in their ability to change. They also build rapport. Statements should recognize people’s strengths and be genuine.  
*“I see how important your baby’s health and safety are to you. What questions do you have about safe sleep practices for her?”*
3. **Reflective listening** is fundamental to Motivational Interviewing. It’s based on careful listening and empathy. Repeating or rephrasing what the person is saying will help you confirm what they are communicating and avoid assuming that you know what they mean. Careful listening is also key in helping people feel understood.

There are three types of reflective listening feedback that acknowledge what someone has said:

# Overcoming Safe Sleep Hesitation and Barriers

## Content

- *“You see a connection between your baby’s sleep and her health, growth and happiness.”*
- *“You want more information on safe sleep practices for babies before you’ll be comfortable implementing them.”*

## Feelings

- *“You are worried that if your baby sleeps in a crib, you won’t know if she stops breathing in the night.”*
- *“It sounds like you are not happy with people making you feel guilty about bed sharing.”*

## Meaning

- *“Your children are important, and you want them to be healthy and thrive.”*
- *“Making sound health and safety decisions for your family is a big part of who you are and what you do.”*

Another helpful approach involves a double-sided reflection, in which you summarize the positive and negative you heard. Reflect the negative aspects of the issue first, then the positive. You can also subtly agree with the person’s statement but with a slight twist. You can reflect what you heard but reframe it in a positive direction.

4. **Summarizing** ensures shared understanding and reinforces key points that have been made. Focus on the person’s statements regarding the problem, reasons for change and confidence about the change.

Recap: *“Let me see if I understand what you have told me so far ...”*

Ask for feedback about your summary: *“What have I missed?”*





### Resolving Ambivalence: Change Talk

When people talk out loud about potential changes they want to make, it helps them make that change. You can help someone practice the ABCs of safe infant sleep by exploring what that decision might involve and look like for them.

#### Have them describe how change might look and work.

- “What are the benefits of following the ABCs of safe sleep?”
- “What are your worries when it comes to following the ABCs of safe sleep?”
- “What would be your first step?”
- “What would your plan look like?”

#### Get a commitment and help them formulate a plan.

- “How soon can you start practicing the ABCs of safe sleep?”
- “Who will be supportive of your decision?”
- “Who might challenge your decision?”
- “Are there other caregivers you need to inform about following the ABCs of safe sleep?”

# Resources to Share with Clients

## Handouts



### ABCs of Safe Sleep for Babies

By Kathryn Sibley Horton

If you have a new baby, or are expecting one soon, one of the most important issues you'll be dealing with is sleep. Babies sleep a lot, but not always when you wish they would. Feedings, diaper changes, and needing comfort can happen anytime, day or night, and whether this is your first little one or your fourth, every child is different. So, make the best of those blissful times when your baby is sleeping. Get rest when you can, and always give your baby room to breathe for safe sleep at bedtime and naptime.

The **ABCs of safe sleep** for babies are easy to learn and easy to do.

**A Babies should sleep Alone**

Babies should sleep alone in a crib with no bumper pads, bedding, pillows, or toys, preferably in the same room as you. Share your room, not your bed.

**B On their Back**

Babies should sleep on their back—not their side or their tummy.

**C In a Crib and Cool**

A safe sleep surface is a crib with a firm mattress and a tight-fitting bottom sheet. Keep the room cool and dress your baby lightly, without a hat.

**S In a Smoke-Free environment**

Secondhand smoke is bad for everyone, and that includes babies.

When you put your baby to bed with the ABCs, everyone gets more peaceful zzzs.



**Risks to Babies White Sleeping**

You may wonder why there is so much concern about safe sleep practices for babies. After all, babies have been sleeping in cribs for decades. What's changed is that we know a lot more about safe sleep and crib safety for the baby's first year. We'll get to that later in this article, but let's review what you should know about current risks for sleep-related infant death.

There are many things that can increase the risk of sleep-related infant death. Here are a few of the big ones:

- Mom smokes or uses drugs or alcohol before, during, or after pregnancy.
- Parents share their bed with their baby.
- The baby sleeps on his (or her) tummy rather than his back.
- The baby sleeps with soft bedding, blankets, or stuffed animals in the sleep area.
- The baby sleeps on an unsafe surface, such as an adult bed or a sofa, where he can be trapped between a mattress and the wall, or in pillows or sofa cushions.
- The baby's crib is near strangulation hazards such as window blind cords and mobiles.
- A baby older than newborn (birth to 8 weeks) is swaddled for sleep.
- The temperature of the room where the baby sleeps is warm.
- The baby is overdressed for sleep.

Parents who are in-the-know can reduce the risk of babies dying unexpectedly in their sleep by following the ABCs for safe sleep until their baby's first birthday. It's also important to take your baby to get regular medical checkups.

About 3,600 babies die suddenly and unexpectedly in their sleep each year in the United States. We can help change that by using safe sleep practices for babies.

**Tip**

Car safety seats, strollers, swings, infant carriers, and infant slings are not safe sleep surfaces for babies. Always move sleeping babies to a safe sleep surface.

**A Few Words About "The Way We've Always Done It"**

Family traditions—"the way we've always done it"—may be one reason parents resist making changes. Grandpa loves to see his little sweetheart tucked in with his favorite sports team blanket. Auntie might be upset to see you remove the hand-knit hat she made. Traditions are often a wonderful thing. As a parent, you can educate yourself and help any of your baby's caregivers understand and follow the ABCs of safe sleep. You can take charge of your baby's safe sleep and crib safety by remembering these guidelines:

- Bed sharing with thick blankets may have been common when Grandma had infants, but you have current information that room sharing, not bed sharing, is the best safe sleep practice.
- Babies won't choke while sleeping on their back, because their airway anatomy and the gag reflex prevent that from happening. Back sleeping actually helps protect your baby.

Safe-Sleep-ABC-English



### Los ABC del sueño seguro para bebés

Por Kathryn Sibley Horton

Si tiene un bebé recién nacido, o espera uno pronto, uno de los asuntos más importantes con los que se enfrentará es el sueño. Los bebés duermen mucho, pero no siempre cuando uno desea que lo hagan. Las comidas, cambios de pañales y la necesidad de ser reconfortados pueden suceder en cualquier momento, de día o de noche, e independientemente de si este es su primer hijo o el cuarto, cada niño es diferente. Por lo tanto, lo mejor es aprovechar esos momentos dichosos cuando el bebé está durmiendo. Descansen cuando puedan, y siempre déjele espacio al bebé para respirar y dormir seguro en la noche o a la hora de la siesta.

Lo **básico sobre el sueño seguro de los bebés es fácil de aprender y de seguir.**

**1 Los bebés deben dormir solos**

Los bebés deben dormir solos en una cuna sin sábanas o ropa de cama y preferiblemente en la misma habitación donde duermes usted. Comparta su habitación, no la cama.

**2 Deben dormir boca arriba**

Los bebés deben dormir acostados boca arriba, no boca abajo ni de lado.

**3 Deben dormir en una cuna y a temperatura fresca**

Una superficie segura para dormir es una cuna con un colchón firme y una sábana bien ajustada. Mantenga la habitación fresca y vista a su bebé con ropa ligera, sin gorro.

**4 Deben dormir en un ambiente sin humo**

El humo de segunda mano es malo para todas las personas, y eso incluye a los bebés.

Cuando sigue las instrucciones básicas para dormir a su bebé de forma segura, todos duermen más tranquilos.



**Riesgos para los bebés mientras duermen**

Quizás se pregunte por qué hay tanta preocupación por las prácticas del sueño seguro para los bebés. Después de todo, los bebés han estado durmiendo en cunas por décadas. Lo que ha cambiado es que ahora sabemos mucho más sobre el sueño seguro y la seguridad en la cuna durante el primer año del bebé. Hablaremos de eso más adelante en este artículo, pero primero repasemos lo que debe saber sobre los riesgos actuales de muerte infantil relacionada con el sueño.

Hay muchos factores que pueden potenciar el riesgo de la muerte infantil relacionada con el sueño. Estos son algunos de los más graves:

- La madre fuma o consume drogas o alcohol antes, durante o después del embarazo.
- Los padres duermen al bebé con ellos en la misma cama.
- El bebé duerme boca abajo en vez de boca arriba.
- El bebé duerme con ropa de cama suave, mantas o peluches dentro de la cuna.
- El bebé duerme en una superficie insegura, como en una cama para adultos o en un sofá, donde se puede quedar atrapado entre el colchón y la pared o entre los cojines y los asientos del sofá.
- La cuna del bebé está cerca de objetos que representan un peligro de estrangulamiento, como los cordones de las persianas y juguetes móviles.

- Al bebé que ya no es recién nacido (tiene más de ocho semanas de edad) se le envuelve para dormir.
- La temperatura de la habitación donde duerme el bebé es cálida.
- Al bebé se le pone mucha ropa para dormir.

Los padres informados que siguen las prácticas básicas para el sueño seguro hasta que el bebé cumpla un año, pueden reducir el riesgo de que sus bebés mueran de manera inesperada. También es importante llevar al bebé a sus chequeos médicos de rutina.

Según los Centros para el Control y la Prevención de Enfermedades (CDC), en 2022 hubo alrededor de 3,700 muertes súbitas inesperadas de lactantes en Estados Unidos. Podemos ayudar a cambiar eso mediante las prácticas de sueño seguro para los bebés.

**Consejo**

Los asientos de seguridad, carriolas, columpios, portabebés y cangurros no son espacios seguros para que los bebés duerman. Cambie siempre a los bebés dormidos a un lugar más seguro para dormir.

**Reflexiones sobre la frase "como siempre lo hemos hecho"**

Las costumbres de la familia, o las maneras en que "siempre lo hemos hecho", podría ser un motivo por el que los padres se resisten a hacer cambios. Al abuelo le encanta ver a su querido nieto cubierto con una manta de su equipo deportivo favorito. A la tía podría molestarle que le quite al bebé el gorro que ella misma tejó a mano. Las costumbres suelen ser algo maravilloso, pero algunas de ellas pueden poner en riesgo a su bebé. Como padres, ustedes pueden educarse y ayudar a los cuidadores de su bebé a comprender y seguir las prácticas básicas para el sueño seguro del bebé.

Safe-Sleep-ABC-Spanish

# Resources to Share with Clients

GetParentingTips.com

## Dr. Booth Answers Your Safe Sleep Questions

by Ada Booth, MD



As a pediatrician, I believe a focus on prevention and parent education is essential. It's my job to ensure parents understand the importance of following safe sleep practices and how they can help reduce the risks of sudden unexpected infant death (SUID) from occurring. Below are several common questions that my patients have asked me over the years. I hope this information will help as you navigate the world of parenthood and that it will give you and your baby more peaceful nights of sleep.

### Good to Know

Each year, there are about 3,600 SUIDs in the United States.

**I've heard of SIDS and SUID. What is the difference?**

SUID stands for Sudden Unexpected Infant Death and is the term used to describe when a baby who is less than one year old dies unexpectedly with no obvious reason. When no cause can be pinpointed, even after a full investigation and autopsy, but the infant was found unresponsive after being laid down to sleep, the death is considered a case of Sudden Infant Death Syndrome or SIDS. SIDS is one type of SUID.

**When are babies more at risk for SIDS?**

Research shows that the greatest risk period is when a baby is two to four months old. The risk starts decreasing after six months. But we know that SIDS can occur for any infant under the age of one year.

**My mom and grandmother told me it's OK for my daughter to sleep on her tummy, but the hospital nurse told me to put her on her back in an empty crib. Why is sleeping on her back considered to be safe sleep for babies?**

Over the years, we have learned that babies are safest when they sleep on their back on a firm surface, such as a mattress in a crib with a tight-fitting bottom sheet. Often parents are afraid that their baby will choke while sleeping on their back. Actually, babies are meant to sleep on their back. A baby's airway anatomy and gag reflex actually prevent her (or him) from choking.

**I've heard that I'm not supposed to sleep with my baby. But this seems crazy because when my baby sleeps with me I think I can protect her. I can easily check on her throughout the night and will know if she stops breathing. How can I be sure that she is safe if she's sleeping in a crib?**

So, I suggest that you share a room with your baby instead of sharing a bed. It is recommended that you share a room with your infant until she is at least six months old, and a year is even better. Once she moves into her own room you can use a baby monitor to help you feel more confident. The National Institute of Health (NIH) says that sharing a room can reduce a baby's risk of an unexplained death by up to 50%.

### Good to Know

Never co-sleep with your baby. This includes sleeping in a bed, on a sofa, in a chair, on a floor, or any other place you might fall asleep.



**I have bumper covers for my baby's crib because I don't want her to hit her head while sleeping. Why do doctors recommend not using them?**

It's really important that cribs are free of bumpers and any other bedding or toys. There is no evidence that bumper pads prevent injuries. However, there is a potential risk of suffocation, strangulation, or entrapment when you have bumpers on the crib or items in the crib. So, safe sleep for babies means no bumpers.

**My daughter will not fall asleep without her "lovey" or stuffed animal. Why is not having it in her crib such a big deal when my baby sleeps better with one?**

As mentioned above, babies should sleep alone in their crib. Parents should follow the ABCs of Safe Sleep: Alone, on their Back, in a Crib, and in cool and Smoke-free environment. All of these steps help protect your baby and reduce the risk of SUID. Soft surfaces or objects like a lovey in the crib can pose a suffocation risk in the safe sleep space/crib. It's OK to allow your baby to have a pacifier, but skip the kind that has an attached stuffed animal.

**My baby sleeps in her swing. I've heard this is not considered a safe sleep area for babies. Is that true?**

We know that babies sleep in lots of places outside of the crib. Babies who fall asleep in car safety seats, strollers, swings, infant carriers, and infant slings should be moved to a safe sleep surface as soon as you can move them. Yes, your baby may wake up, but it's better to be safe and try getting her used to sleeping in her crib instead of these other places.

BuenosConsejosParaPadres.com

## La Dra. Booth responde a sus preguntas sobre la seguridad durante el sueño

Por la Dra. Ada Booth



**Mi madre y mi abuela me dijeron que está bien que mi hija duerma boca abajo, pero la enfermera del hospital me dijo que la acostara boca arriba en una cuna vacía. ¿Por qué se considera más seguro acostarla boca arriba?**

A través de los años hemos aprendido que los bebés que están más seguros cuando duermen boca arriba sobre una superficie firme, como en un colchón de cuna con una sábana bien ajustada. A menudo los padres tienen miedo de que su bebé se ahogue mientras duerme boca arriba. Los bebés están hechos para dormir boca arriba. La anatomía de las vías respiratorias y el reflejo nauseoso del bebé evitan que se asfixie.



**He oído que no debo dormir con mi bebé. Pero cuando el bebé duerme conmigo siento que lo puedo proteger. Puedo vigilarlo fácilmente durante la noche y me dará cuenta si deja de respirar. ¿Cómo puedo estar segura de que mi bebé estará a salvo si duerme en una cuna?**

Sugiero que usted y su bebé duerman en la misma habitación, pero no en la misma cama. Es recomendable hacer esto hasta que el bebé tenga al menos 6 meses, pero hasta el primer año sería todavía mejor. Una vez que el bebé empiece a dormir en su propia habitación, puede usar un monitor de bebé para sentirse más segura. Los Institutos Nacionales de Salud afirman que compartir habitación puede reducir el riesgo de la muerte inexplicable de un bebé hasta en un 50%.

### Información importante

Según los Centros para el Control y la Prevención de Enfermedades, en 2022 hubo alrededor de 3,700 muertes súbitas inesperadas de lactantes en Estados Unidos.

### Información importante

Nunca duerma con su bebé. Esto incluye dormir en una cama, un sofá, una silla, el suelo o cualquier otro lugar donde usted pueda quedarse dormido.

**Tengo protectores en la cuna de mi bebé porque no quiero que se golpee la cabeza cuando está dormido. ¿Por qué los médicos no recomiendan su uso?**

Es importante que las cunas no tengan protectores ni otra ropa de cama o juguetes. No hay evidencia de que las almohadillas protectoras prevengan lesiones. Sin embargo, hay un posible riesgo de asfixia y estrangulación o de quedarse atrapados cuando hay protectores u otras cosas en la cuna. Para que los bebés duerman seguros, no se debe usar protectores.



**Mi hija no se duerme sin su peluche o cobijita preferida. ¿Por qué es todo un tema no meterlos en la cuna, si mi bebé duerme mejor con ellos?**

Como lo mencioné anteriormente, los bebés deben dormir solos en su cuna. Los padres deben seguir las pautas básicas para el sueño seguro de los bebés: Solos, boca arriba, en una cuna y en un ambiente fresco y sin humo. Estos principios ayudan a proteger a su bebé y a reducir el riesgo de una SUID. Las superficies suaves u objetos como un animal de peluche en la cuna pueden conllevar un riesgo de asfixia. Está bien que su bebé use un chupón, pero evite el tipo de chupón que está conectado a un animalito de peluche.

Safe-Sleep-Booth-English

Safe-Sleep-Booth-Spanish

# Resources to Share with Clients



## Your Baby's Safe Sleep Equals Your Peace of Mind

by Taryn Newton



It made me happy knowing I could have Cashton near me while still practicing safe sleep. The Centers for Disease Control (CDC) recommends that parents room share with babies until they are between six months and one year of age. After Rick and I felt Cashton was ready to be alone in his nursery, we moved him over. Our goal was to have the transition be as smooth as possible. We continued to follow safe sleep guidelines when we transitioned Cashton into his nursery, following safe newborn crib practices and other tips that I'll cover later in this article.

I had my first son when I was 20, while still finishing college. Through trial and error, I have evolved and grown with each child. I've tried to parent my four boys the best way that I can, and every pregnancy and every child has been different. I've had pregnancies that have been a breeze and tough ones where I had to navigate having gestational diabetes. While learning how to be the best version of a mother I can be, safe sleep for babies has always been so important to me. Safe sleep is important to me because my children's safety is my number one priority. I want to have peace of mind knowing that when I lay my boys down, they are safe. That is why my family practices safe sleep for infants.

Another thing that has always been important to our family is keeping all our boys on a sleep schedule. This has helped them have a restful sleep each night. And of course, not every day is perfect, but we try to keep our boys on a consistent routine. Having a baby sleep schedule has helped us stay consistent with sleep training and safe sleep practices. It's been great for the boys and for us as parents.

I want every mom to have peace of mind when it comes to safe sleep. If there is any way for me to share what I've learned in my 13 years as a mother to help another mom, I gladly will. So, I have gathered some trusted guidelines that I follow when it comes to safe sleep. Again, having peace of mind is so important, and that's why I educated myself more about safe sleep. I hope this information will help you too.

### Benefits of room sharing

With all the boys, Rick and I practiced room sharing. Room sharing is when the baby sleeps in the same room with you in their crib or newborn bassinet, but not in your bed. With Cashton, we had him in a baby bassinet that sat beside the bed in our room until he was six months old. We did not co-sleep. I know it can be so hard to resist snuggling up with your new baby and falling asleep, but co-sleeping has many risks. These dangers can include suffocation, entrapment (the baby getting stuck in a position and unable to breathe), and overheating from a parent's body heat. I loved room sharing because I was able to be close enough to hear Cashton and respond to him quickly when he needed something. I felt at ease knowing he was in a baby co-sleeper right next to us.

**Good to Know**  
The CDC recommends that you room share until your baby reaches between six months and one year of age.

### Are pacifiers right for my baby?

Some babies are not too fond of pacifiers—but all of my boys liked them. We introduced Cashton to a pacifier after he was well-latched and comfortable breastfeeding. We didn't want the pacifier to confuse him as we both were learning how to manage breastfeeding in the early days. According to the National Institutes of Health (NIH), pacifiers can help reduce the risk of Sudden Unexpected Infant Death (SUID). If you use a pacifier, it is important there are no attachments. We used the basic Philips Avent Soothie pacifier—it worked for us.



Safe-Sleep-Newton-English



## El sueño seguro de su bebé equivale a su tranquilidad

Por Taryn Newton



Me encantó compartir la habitación porque estaba lo suficientemente cerca de Cashton como para oírlo y responder rápidamente cuando necesitaba algo. Me sentí tranquila al saber que él estaba en su propia cuna junto a nosotros. Me hizo feliz saber que podía tener a Cashton cerca de mí y al mismo tiempo que tuviera un sueño seguro.

Los Centros para el Control y la Prevención de Enfermedades (CDC) recomiendan a los padres compartir habitación con los bebés hasta que tengan entre 6 meses y un año. Después de que Rick y yo sentimos que Cashton estaba listo para quedarse solo en su habitación, lo cambiamos de cuarto. Nuestro objetivo era hacer la transición lo más sencilla posible. Cuando cambiamos a Cashton a su habitación, seguimos las pautas del sueño seguro y las prácticas de seguridad para los recién nacidos en sus cunas, así como otros consejos que trataré más adelante en este artículo.

**¿Sabía usted?**  
Los CDC recomienda compartir habitación hasta que su bebé tenga entre seis meses y un año de edad.

Tuve mi primer hijo a los 20 años, cuando aún estaba terminando la universidad. Mediante prueba y error, he evolucionado y crecido con cada hijo. He intentado criar a mis cuatro hijos de la mejor manera que puedo, cada embarazo y cada hijo ha sido diferente. He tenido embarazos muy fáciles y otros que fueron más difíciles, en los que tuve que lidiar con la diabetes gestacional. Mientras aprendo cómo ser la mejor mamá que pueda, el sueño seguro de los bebés siempre ha sido muy importante para mí.

El sueño seguro es importante para mí porque la seguridad de mis hijos es mi prioridad. Deseo tener la tranquilidad de saber que mis hijos están seguros cuando los acuesto. Por eso mi familia practica el sueño seguro para bebés.

Otro aspecto que siempre ha sido importante para nuestra familia es seguir un horario para que nuestros niños duerman. Esto les ha ayudado a tener un sueño reparador cada noche. Por supuesto que no todos los días son perfectos, pero tratamos de que nuestros niños tengan una rutina regular. Tener un horario para que los bebés duerman nos ha ayudado a ser constantes con el entrenamiento para dormir y las prácticas de sueño seguro. Esto ha sido genial para los niños y para nosotros como padres.

### Beneficios de dormir en la misma habitación

Mi esposo Rick y yo acostumbramos a dormir a los bebés en la habitación con nosotros. Cuando él bebé duerme en la misma habitación que usted, lo hace en una cuna o en un moisés, pero no en la misma cama. A Cashton lo dormimos en un moisés al lado de nuestra cama hasta que cumplió 6 meses. No dormíamos juntos. Sé que puede ser difícil resistirse a acurrucarse con el recién nacido y quedarse dormido, pero compartir la cama tiene muchos riesgos. Estos peligros pueden incluir que se asfixie, se quede atrapado en una posición en la que no pueda respirar y que experimente exceso de calor por el cuerpo de alguno de los padres.



Safe-Sleep-Newton-Spanish

## Social Media Posts



Parents may feel safest with their baby in their arms, but there's one time when that's not the case — sleep time. Babies should sleep alone in a crib without bumper pads, pillows, toys or any bedding besides a fitted sheet. Check out GetParentingTips.com to learn more.



One day you'll be teaching your child the ABCs. Until then, remember to practice the ABCs of safe sleep.



Whether it's 3 a.m. or 3 p.m., make every sleep a safe sleep. GetParentingTips.com is here to help no matter what time your baby is resting.



Have questions about safe sleep? GetParentingTips.com offers advice from experts and parents like you who can share their tips on keeping your baby safe while sleeping.

## Resources to Share with Clients



Some people like to sleep on their sides or their stomachs, but infants are safest when they sleep on their backs. Learn more about safe sleep at GetParentingTips.com.



The ABCs of safe sleep help keep Texas babies safe. GetParentingTips.com to learn more.



It's natural for parents to want to do anything they can to protect their children. Start with practicing safe sleep when they're infants. Learn more at GetParentingTips.com.



Make sure you're practicing safe sleep by sharing a room, not a bed. For more information, visit GetParentingTips.com.

## Resources to Share with Clients



What is your ideal temperature when going to sleep at night? While it's different for every adult, babies should sleep in rooms between 68 and 72 degrees Fahrenheit. For more safe sleep tips, check out [GetParentingTips.com](https://GetParentingTips.com).



Most new parents are happy to grab a quick nap whenever and wherever they can, but they should be cautious about their baby doing the same. When a baby falls asleep in a car, safety seat, stroller, swing, carrier or infant sling, their breathing can become obstructed. Visit [GetParentingTips.com](https://GetParentingTips.com) to learn how you can practice safe sleep.

