

Pre/Post guide KEY:

It is safe for babies to sleep on their tummies during naps. (F)

To reduce flat heads and develop muscles, babies should have tummy time while they are awake. (T)

Wrap baby in blankets, dress them warmly and increase the room temperature to keep them from getting cold while they sleep. (F)

Soft objects such as pillows, bumper pads, and stuffed toys can be safely placed in the crib with the baby to provide comfort and protect from injury. (F)

Comfy objects placed in the crib can increase the risk of SIDS. (T)

Avoid buying electronic products claiming to reduce the risk for SIDS. (T)

Infant co-sleeping with parents or siblings is recommended. (F)

Allow infants to sleep in the same room with parents or other children. (T)

Practicing healthy prenatal care can help reduce the risk for SIDS. (T)

Bottle feeding decreases the risk of SIDS more than breastfeeding. (F)

SIDS affects babies under one year of age but is most prevalent during the first four months. (T)

Smoking or second hand smoke has no impact on SIDS. (F)

New parents are encouraged to use the crib wedges and sleep positioners to keep baby in one place while sleeping. (F)