



## Finding Support

While frequent waking for baby is normal and healthy, it can be very difficult for parents. Lack of sleep can make it feel hard to follow safe sleep practices. If you are struggling, it's important to reach out for support.

- Talk to your Pediatrician about strategies specific to your child's needs.
- Ask family members, friends, or someone you trust to watch baby while you nap or catch up on sleep.
- PCAVT's Parent Helpline 1-800-CHILDREN (244-5373).

## FOR MORE INFORMATION

on how to create a safe sleep environment for your baby, visit

[UVMHealth.org/SafeSleep](https://UVMHealth.org/SafeSleep)



American Academy of Pediatrics

[HealthyChildren.org](https://HealthyChildren.org)

U.S. Consumer Product Safety Commission

[CPSC.gov](https://CPSC.gov)

Safe Infant Sleep

[SafeInfantSleep.org](https://SafeInfantSleep.org)

Charlie's Kids

[CharliesKids.org](https://CharliesKids.org)

Kids for Cribs

[CribsforKids.org](https://CribsforKids.org)

The Period of Purple Crying



\*If using a sleep sack or swaddle, be sure it is not labeled as "Weighted". "Weighted" sleep items were identified as unsafe by the American Academy of Pediatrics.

# Sleep Safely



## Creating a Safe Sleep Space



Sometimes babies can't be soothed and that's okay. It does not harm a child's development. If you are stressed or overwhelmed, take care of yourself first and let baby stay in the safety of the crib. Crying is not harmful if you need space.

Share your room,  
NOT your bed

Offer a  
pacifier

Baby sleeps  
alone on their  
back on a flat  
surface

Baby sleeps in  
a crib, bassinet,  
portable crib, or  
play yard \*

Keep your baby  
cozy by using a  
one piece  
sleeper/suit or  
sleep sack\*

Remove unsafe  
sleep products such  
as pillows, blankets,  
stuffed animals,  
lounger, or pacifier  
cord/attachment



## Room Sharing

Baby should share your room, not your bed.

Room sharing means keeping your baby's crib, play yard, or bassinet in your bedroom, close to your bed for at least the first 6 months. This makes it easier to comfort or feed your baby, and then place them in their own sleep space when you're ready to go to sleep.

If there is any possibility that you might fall asleep while your baby is in your bed, make sure there are no pillows, sheets, blankets or any other items that could cover your baby's face, head and neck, or overheat them. As soon as you wake up, be sure to move your baby to their own bed.

Avoid falling asleep with your baby in other spots, too. The risk of sleep-related infant death is higher when infants sleep with someone on a couch, soft armchair, or cushion.

It's extra important not to bed share with your baby if you have been drinking alcohol or used cannabis, illicit drugs, or any medications that cause drowsiness or impact sleep.

If your baby falls asleep in a car seat, stroller, swing, infant carrier or sling, move them to a firm sleep surface on their back as soon as possible.