



Prevent Sleep-Related Infants Deaths

An Interactive E-Handout for Health Professionals, Community Advocates, and Families

This handout provides examples of safe and unsafe sleep positions and environments.

To use: Open the interactive PDF on a phone, computer, or iPad. We recommend health professionals sit with families and ask them to click through the pages and follow the instructions to learn about safe sleep. Families can also view the PDF once they get home and share it with friends and other caregivers.

Can you identify the three things that makes this sleeping arrangement **unsafe**? Click on potential hazards and learn how to help your baby sleep **safe** and sound.



Click on a image to find out if it is a safe place for your baby to sleep.

This baby is **sleeping safely**.
Click on the icons to learn why.



References and Resources

AAP 2016 SIDS Task Force Recommendations

<https://pediatrics.aappublications.org/content/138/5/e20162940>

How to Keep Your Sleeping Baby Safe: AAP Policy Explained

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

NICHQ Safe Sleep and Breastfeeding Video Quiz

<https://www.nichq.org/resource/how-safe-sleep-savvy-are-you>

Sofas and Infant Mortality

<https://pediatrics.aappublications.org/content/134/5/e1293>