# SAFESLEEP
## – M A I N E –

# BABYSITTERS GUIDE TO SAFE SLEEP

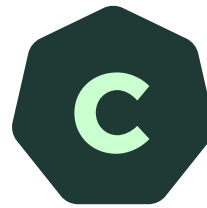**A** — **ALONE**
Share the room, not the bed

**B** — **BACK**
On their back for nights and naps

**C** — **CRIB**
Clean, clear crib

**D** — **DANGER**
Be aware, know the dangers beyond the crib

Infants are babies under one year of age. Every year in Maine babies die unexpectedly while they are sleeping. In fact, from one month to one year of age Sudden Infant Death Syndrome (SIDS) is the primary cause of infant death. You can help prevent sleep-related deaths by remembering the following:

- **Babies should always sleep Alone, on their Back and in their Crib or other Safe Sleep Space for all sleep times, both nights and naps.**

- **A Safe Sleep Space is a crib, bassinette or portable playard that has nothing in it but the firm, flat mattress and a fitted sheet.**

- **There should be absolutely no smoking or vaping around the baby.**

- **Do not overheat the baby with blankets or many layers of clothing. If you are comfortable in a single layer of clothing, the baby will be too.**

- **Phones and video games can distract you from checking regularly on a sleeping baby.**

Babies cry for many reasons, it is their way of communicating with you. Remember, a baby does not cry to be bad or make you angry. If the baby is crying you can try the following:

- **Check to see if the baby is hungry, tired or needs changing.**

- **Hold the baby close to you.**

- **Walk and sing to the baby.**

- **Take the baby outside or into a quiet room.**

- **Call your baby's doctor or a friend for advice.**

If you become frustrated with a baby crying, place the baby in their Safe Sleep Space and go into another room to take time to calm yourself. Go back to check on the baby about every 15 minutes. No matter how frustrated you become you must **NEVER** shake a baby.

Learn more at **PurpleCrying.info**.