



Silvie Bells

SINGING HOLIDAY CHEER TO NICU FAMILIES

SAFE SLEEP FOR YOUR BABY

NICU Babies are three times more likely to die from SIDS (Sudden Infant Death Syndrome) than other babies.

Follow these guidelines to keep your baby safe at sleep.

- o ALWAYS PLACE BABY ON THEIR BACK.
If you have seen your NICU nurse or doctor place your baby on their tummy or side in the hospital –it is only for medical reasons and only in the hospital. NEVER PLACE YOUR BABY ON THEIR TUMMY for sleep.
- o Crib / basinet should be clean and empty.
No pillows.
No blankets.
No crib bumpers.
No toys or stuffed animals.
- o The fitted sheet on the crib should be tight; the sheet should not be loose at all.
- o Keep a fan on low near your baby to keep air circulating. This can help with baby inhaling chemicals from the crib mattress and their own carbon dioxide.
- o NEVER USE A HAND-ME-DOWN OR USED MATTRESS
The re-use of infant mattresses may triple the risk of SIDS. Never re-use a crib mattress, even in the same family. SIDS rates increase significantly from the first baby in a family to the second, from the second to the third, etc.
- o Owlet home heart and oxygen monitors track your baby's heart rate and oxygen levels. This device requires Wi-Fi and a smart phone; it sends a sound and light alarm to parents both on the monitor and the phone if your baby's oxygen or heart rate drops. This device has saved many babies and could save yours.