



## Safer sleep

How to keep your baby safe –  
from birth



Dear parents,

Congratulations on the birth  
of your child!

In this pamphlet, we'll show you a few simple steps you can take to ensure safer sleep for your baby. These recommendations are based on the latest research and will help to reduce the risk of sudden infant death syndrome (SIDS).

If you have any questions, please talk to your paediatrician or midwife.

**Wishing you and your baby health and happiness!**





## Sleep room

### Sleeping in parents' room:

- It is recommended that your baby sleep in your room in their own cot for the first year.
- This makes it easier for you to monitor them and can reduce the risk of SIDS.

### Co-sleeping, additional risks:

- Smoking (even outside the bedroom)
- Consuming alcohol or taking drowsy medications
- Over-exhausted parents





## Sleeping position

### Always put your baby to sleep on their back:

- The recommended and safest baby sleep position is on their back.
- Avoid letting your baby sleep on their side or on their tummy as this increases the risk of SIDS.
- This applies to both night-time sleep and naps during the day.



## Safe sleep environment

### The sleep area:

- Use a firm, well-fitting mattress.
- Do not put pillows, blankets, nests, duvets and cuddly toys in the cot.
- Instead, use a baby sleeping bag of an appropriate size.
- Make sure your baby's face is not covered.

### Room temperature and clothing:

- Recommend room temperature: 16 – 18°C.
- Avoid overheating (e.g. due to warm clothing or extra blankets).



## Other safety factors

### Smoke-free environment:

- Avoid smoking near your child entirely, even in the car, during pregnancy and after birth.

### Breastfeeding:

- Breastfeeding is recommended as it supports your baby's health and can reduce the risk of SIDS.

### Dummy/pacifier:

- Using a dummy or pacifier when putting your baby to sleep can reduce the risk of SIDS, as long as they accept it.
- Do not force anything into your baby's mouth.

### Illness prevention:

- Attend all recommended health check-ups.
- Ensure your baby receives all the recommended vaccinations.



More info on child health

[www.kindergesundheit-info.de/themen/](http://www.kindergesundheit-info.de/themen/)

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Albertstraße 10, 01097 Dresden

E-Mail: [redaktion@sms.sachsen.de](mailto:redaktion@sms.sachsen.de)

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