

## ***“Safe to Sleep” Practices***

The American Academy of Pediatrics Safe Sleep Practices include:

- Back to Sleep
- Use a firm flat mattress in a crib or bassinet
- No sleeping in carseats, swings, or other positioning devices
- No loose bedding, blankets or soft objects in crib
- No bumpers, pillows, or stuffed toys in the crib
- Do not over heat infants
- No co-sleeping in bed, sofa, or other areas

***\*For more information from the American Academy of Pediatrics on how parents can create a safe sleep environment for their infants, please read the provided pamphlet and attend the NICU/SCN Discharge Class.\****

## **Infant Therapeutic Positioning**

- While your infant is hospitalized, he/she may be placed in positions other than the American Academy of Pediatrics “Safe to Sleep” Guidelines because of medical reasons. Sleep positions may include:
  - Stomach
  - Side-lying
  - Elevated head of bed
- Developmental positioning aids and/or blanket rolls may also be used for medical purposes.

***\*Therapeutic positioning is NOT recommended or safe for your infant at home\****

***\* Your infant will be introduced to Safe Sleep Practices when it is medically appropriate\****