

# Safe Sleep for Your Baby

## A Guide for Parents and Caregivers

### Safe Sleeping Tips for Your Baby

- Place babies on their backs every time they are ready for sleep. Do not place babies on their stomach. This includes nap time and at night.
- Place your baby on a firm sleep surface, such as a safety-approved crib or bassinet covered with a tightly fitted sheet. Your baby should not sleep in an adult bed, on a couch or on a chair alone, with you, or with anyone else. Your baby can sleep in the same room with you.
- If you bring your baby into your bed to breastfeed, put the baby back in a separate sleep area after feeding.
- Keep soft objects such as toys, loose bedding, comforters, pillows, crib bumpers, or blankets out of the crib or bassinet.
- Keep your baby from overheating. Dress your baby in light, comfortable clothing. Dress the baby in a sleeper, with no more than one layer, instead of using a blanket. Keep the room at a temperature that is comfortable for an adult.
- Breastfeed as much and for as long as you can. This helps keep your baby healthy.
- Do not smoke or allow smoking around your baby.
- Make sure everyone who cares for your baby or for a baby younger than one year knows about safe sleep!

### Safe Sleep for your baby is as simple as ABC.

Babies should sleep **A**lone, on their **B**acks, and in a **C**rib.

### Tummy Time

Remember, babies need plenty of tummy time when they are awake and while being watched by someone. Tummy time helps strengthen important muscles in your baby's neck, shoulders and arms. It also helps to prevent flat spots on the back of your baby's head.

Contact Blue Cross and Blue Shield of Texas Special Beginnings® at **1-888-421-7781** (TTY/TDD **711**) to learn more about the Safe Sleep Program.

Please call our 24 Hour Nurse Advice Line at **1-844-971-8906** (TTY/TDD **711**) for toll-free support around the clock.

[www.bcbstx.com/chip](http://www.bcbstx.com/chip)

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