



Ochsner St. Anne

Breastfeeding Basics

Classes
are Free!

Breastfeeding Basics is designed to teach the fundamentals of breastfeeding, including early feeding, positioning, milk production, and latch. A board-certified Lactation Consultant will take you through the basics of breast anatomy, hormones, dealing with common concerns, pumps and breast milk storage to ensure a good start for mom and baby.

2017 Dates:

January 5th
February 2nd
March 2nd
April 6th
May 4th
June 1st

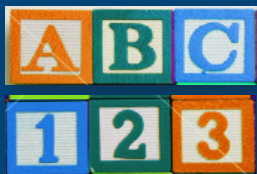
July 6th
August 3rd
September 7th
October 5th
November 2nd
December 7th

Classes are located in the Large Classroom from 6pm to 8pm. Family and Friends are welcome to join mom for class.

For more information or to register, please contact:

Pam Folse RNC-MNN,CCE, IBCLC at Pamela.Folse@ochsner.org
Or call 985-537-2335.

Ask us about other classes offered: Childbirth/Lamaze, Sibling, CPR/Infant Safety, Grandparenting 101, and New Moms Support Group.



ABC'S and 123's of Breastfeeding

Benefits of Breastfeeding

- Antibodies in breastmilk
- For baby: Less ear infections, allergies, respiratory infections, asthma, GI problems, obesity, diabetes, childhood leukemia, SIDS, NEC, etc...
- Helps with brain/eye development
- Increases IQ scores
- For mom: Decreases risk of type 2 diabetes, certain breast/ovarian cancers, postpartum depression, uterus to normal size quicker, decreases postpartum bleeding, burns extra calories, etc...
- Saves up to \$3900/yr (formula cost)



Skin to Skin Contact

- Baby belly-down directly on mom's chest after birth for at least 1 hr & during the first few weeks
- More stable heart rates, blood pressures, breathing & temps
- Higher/more stable blood sugars
- Less likely to cry
- Moms are more likely to touch & cuddle their babies more
- Babies latch on & breastfeed well sooner
- More likely to breastfeed exclusively and for a longer period of time
- Important for the premature baby as well

Good Latch

- No pain – pain score < 4
- Tugging/pulling
- Lips flanged
- Chin into breast
- See/hear swallows
- Nipples round/elongated after BF
- No redness/bruising/cracking

Colostrum

- Clear/yellow
- Thick/sticky
- Lots of nutrients/protein
- Antibodies
- Small amounts often
- 1 - 3 tsp/fdg
- NB stomach – size of marble after birth

Milk Comes In

- 3 – 5 days
- Breasts feel warm/lumpy
- Breasts feel full/heavy
- Hear/see more swallows

Supply and Demand

- Breastfeed on demand
- 8 – 12 fdgs/24 hrs
- Average about every 2-3 hrs
- Awaken after 3 hrs during day
- Allow one 4 – 5 hr sleep stretch @ night
- Night fdgs are important
- Skin to skin

Enough Milk?

- 1 diaper for each day of age
- From Day 4 on, 5-6 voids/3-4 stools in 24hr
- Active sucking
- Look/listen for swallows
- Breasts full before/softer after fdg
- Appropriate weight gain
- Normal weight loss < 7-10% of birth weight
- Back to birth weight by 1-2 wks
- Gain approx. 5-7 oz/wk

Sore Nipples

- Encourage deep latch
- Stimulate nipple
- Sandwich breast
- Allow colostrum to air dry on nipples
- Lanolin as needed
- Gel pads as needed

Engorgement

- Stimulate nipples prior to latch
- Breastfeed frequently
- Awaken baby
- Few days to resolve
- Warm compress before fdg
- Cold compress after fdg
- Observe for signs & symptoms of mastitis
 - Red tender area
 - Fever
 - Flu-like symptoms
- Call MD immediately

Growth Spurts

- Common times are: 7-10 days, 3 wks, 6 wks, 3 mos, 6 mos
- Frequent breastfeeding 2-3 days

Diet

- Healthy/well-balanced
- Fluids to prevent thirst
- Limit caffeine
- Daily vitamin
- Cautious of meds/alcohol



BREAST MILK: A GIFT ONLY YOU CAN PROVIDE

Breast milk is the gentlest milk on your baby's system. It is recognized as the best nutrition available to infants. The nutrients in breast milk are more easily digested and absorbed than those in formula.

Breast milk promotes brain growth and nervous system development. Studies have shown that babies fed breast milk generally perform better on intelligence tests and also develop better eye function. This is due to a certain type of fatty acid found in mother's milk that is not found in formula.

Your breast milk protects your baby. By interacting with your baby each day, your body picks up on foreign cells in your baby's environment and will start to make antibodies against them. These antibodies get into your breast milk and are then passed to your baby for protection.

Please consider giving your baby this precious gift!

Here are some other benefits of feeding your baby breast milk

- decreases the risk of SIDS
- fewer ear and respiratory infections for your baby
- contains anti-infective properties that fight many kinds of infections
- decreases baby's risk for potentially severe and fatal infections
- less risk your baby will be overweight later in life
- decreases risk of your baby developing allergic-related skin conditions
- decreases the risk for diabetes later in life

Breastfeeding/pumping also helps mothers stay healthy

- less risk for diabetes in you
- less risk for postpartum depression in you
- less risk for ovarian and breast cancer in you
- faster recovery for moms (including faster return to pre-pregnancy weight)

Ochsner recommends pumping or putting baby to breast within 6 hours of delivery to help establish your milk supply. Ask your nurse for help getting started.

Item: 55777

Revised: 10/2012



The Magical First Hour



The First Hour after Birth: A Baby's 9 Instinctive Stages

The first hours after birth are a developmentally distinct time for a baby and there are well documented short and long term physical and psychological advantages when a baby is held skin to skin during this time.

When a baby is in skin to skin contact after birth there are nine observable newborn stages, happening in a specific order, that are innate and instinctive for the baby. Within each of these stages, there are a variety of actions the baby may demonstrate.

Stage 1: The Birth Cry - This distinctive cry occurs immediately after birth as the baby's lungs expand.

Stage 2: Relaxation - During the relaxation stage, the newborn exhibits no mouth movements and the hands are relaxed. This stage usually begins when the birth cry has stopped. The baby is skin to skin with the mother and covered with a warm, dry towel or blanket.

Stage 3: Awakening - During this stage the newborn exhibits small thrusts of movements in the head and shoulders. This stage usually begins about 3 minutes after birth. The newborn in the awakening stage may exhibit head movements, open his eyes, show some mouth activity and might move his shoulders.

Stage 4: Activity - During this stage, the newborn begins to make increased mouthing and sucking movements as the rooting reflex becomes more obvious. This stage usually begins about 8 minutes after birth.

Stage 5: Rest - The baby may have periods of resting between periods of activity throughout the first hour or so after birth.

Stage 6: Crawling - The baby approaches the breast during this stage with short periods of action that result in reaching the breast and nipple. This stage usually begins about 35 minutes after birth.

Stage 7: Familiarization - During this stage, the newborn becomes acquainted with the mother by licking the nipple and touching and massaging her breast. This stage usually begins around 45 minutes after birth and could last for 20 minutes or more.

Stage 8: Suckling - During this stage, the newborn takes the nipple, self attaches and suckles. This early experience of learning to breastfeed usually begins about an hour after birth. If the mother has had analgesia/anesthesia during labor, it may take more time with skin to skin for the baby to complete the stages and begin suckling.

Stage 9: Sleep - The baby and sometimes the mother fall into a restful sleep. Babies usually fall asleep about 1 ½ to 2 hours after birth.



Byram Healthcare

1-877-902-9726

www.byramhealthcare.com/breastpumps/

Breast Pumps

Byram Healthcare is a full service provider of breast pumps. We are proud to support the breast pump insurance benefit of the Affordable Care Act. We carry a variety of breast pumps from the following manufacturers:*



Medela Pump In Style Advanced Breast Pump



Freemie Freedom Hands Free Breast Pump



Ameda Purely Yours Breast Pump



Spectra 9 Plus Portable and S2 Hospital Strength



Hygeia Q Breast Pump

*Type of breast pump available to you will depend on your insurance coverage.

Electric breast pumps from our suppliers have a one year manufacturer's warranty. Please contact the manufacturer directly with all issues concerning the use and performance of the pump.

To obtain additional information, to place an order or receive the status of an existing order, please contact our dedicated breast pump customer service team:

Email: breast-pump@byramhealthcare.com

Phone: **1-877-773-1972** (8am to 6pm CST, Monday to Friday) Fax: **1-800-521-6291**

Steps to order breast pumps through your insurance company

1. Go to Byramhealthcare.com.
2. Click on the icon "breast pumps" in the upper right hand corner.
3. Click on "Start order form".
4. Choose your insurance company from the drop down menu.
5. Choose one of the listed hospital grade pumps. (Ameda/Medela/Spectra/Hygeia/Freemie)
6. The next page allows you to choose optional accessories at an additional cost.
7. Final step is to add your personal, insurance and physician information in and submit.

For Doctor's Information:

Physician Names: Natasha Goss-Voisin, Elena Mann, Gregory Morris or Kellin Reynolds

Address: 104 Acadia Park Dr. Raceland, LA 70394

Phone Number: 985-537-3211

Fax Number: 985-537-2651

What to pack in your Hospital bag

- ☐ Comfy PJs and clothes, at least 3
- ☐ Nursing Bras/tanks & underwear
- ☐ Hard Candy, snacks and granola bars
- ☐ Slippers or flip flops
- ☐ Comfy going home outfit
- ☐ Toothbrush & toothpaste
- ☐ Shampoo/conditioner
- ☐ Face wash
- ☐ Lotion
- ☐ Deodorant
- ☐ Hair brush/dryer/ hair products
- ☐ Make up
- ☐ Phone & charger
- ☐ Camera & charger

Post natal care

- ☐ Nursing pads
- ☐ Nipple cream
- ☐ Maxi pads
- ☐ Tucks medicated pads
- ☐ Vaseline
- ☐ Powder

Don't forget to have your support person stay with you for the delivery and after care!



What to pack in your Hospital bag for Baby

- ☐ Outfits, at least 3
- ☐ Hat, mittens, socks
- ☐ Breast pump and storage bags
- ☐ Hand sanitizer
- ☐ Baby wipes & diapers
- ☐ Vaseline
- ☐ Receiving blanket
- ☐ Car seat installed

What to pack in your Hospital bag for Dad/Support Person

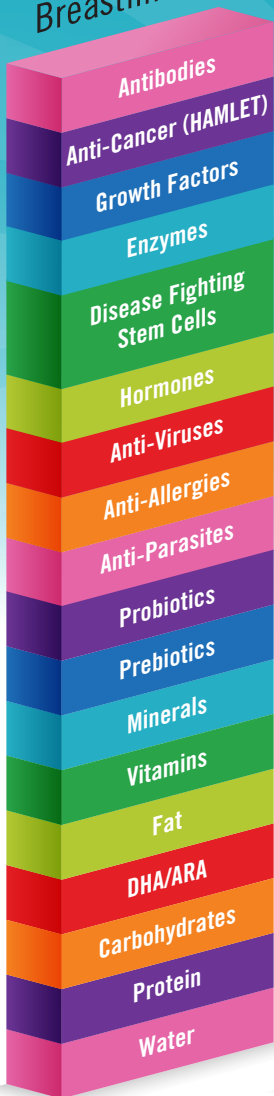
- ☐ Comfy clothes & pjs at least 2
- ☐ Blanket and Pillow
- ☐ Toiletries
- ☐ Camera
- ☐ Phone and charger



Breastmilk

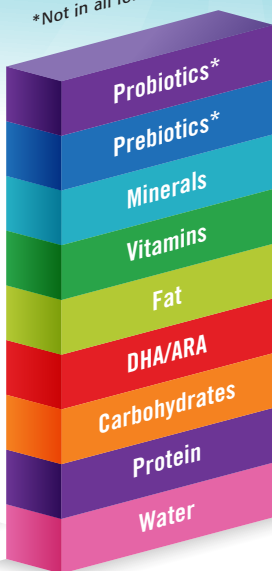
has **more** of what babies need.

Breastmilk



Formula

*Not in all formulas



California Department of Public Health,
California WIC Program

1-800-852-5770



#920095 Rev 2/14





Breastmilk provides what babies need to be strong, healthy and smart.

Breastmilk:


- Is always ready
- Is easy to digest, so —less spit up, diarrhea, and constipation
- Helps protect against asthma, allergies, diabetes and obesity
- Will change to meet your baby's growing needs
- Helps your baby's brain develop

When you breastfeed...

Your baby:

- Is healthier.
- Doesn't have as many ear infections.

You:

- Are less likely to have post-partum depression.
 - Lose weight more quickly.
 - Share a special bond with your baby.
- 

Tips for Breastfeeding Moms

Making healthy food choices with regular physical activity will keep you healthy.

What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat dairy products, and lean protein foods.

Making Healthy Food Choices

- **Make half your plate fruits and vegetables.** Choose a variety, including dark-green and red and orange vegetables and beans and peas.
- **Make at least half your grains whole.** Choose whole grains in place of refined grains.
- **Switch to skim or 1% milk.** Choose fat-free or low-fat milk and milk products such as milk, yogurt, cheese, or fortified soy beverages.
- **Vary your protein food choices.** Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- **Use oils to replace solid fats where possible.**
- **Make choices that are low in "empty calories."**



What are "empty calories"? They are calories from added sugars and solid fats in foods. Some foods with empty calories:

- | | | | | |
|---------------------|------------|---------------|--------------------|-------------------|
| • Candy | • Desserts | • Fried foods | • Ice cream | • Sugar-sweetened |
| • Sweetened cereals | • Biscuits | • Hot dogs | • Soft drinks/soda | fruit drinks/tea |

Breast Milk: Your Baby's First Food



Doctors recommend feeding only breast milk for the first 6 months. Continue breastfeeding in addition to feeding solid foods until your baby is at least 1 year old or older.

- Breastfeeding helps form a special bond with your baby.
- Breast milk helps protect your baby from illness.
- Breastfeeding is also good for you. It lowers your risk for breast cancer and type 2 diabetes.

What About Alcohol?

Be very cautious about drinking alcohol, if you choose to drink at all. You may consume a single alcoholic drink if your baby's breastfeeding behavior is well established—no earlier than 3 months old. Then wait at least 4 hours before breastfeeding. Or, you may express breast milk before drinking and feed the expressed milk to your baby later.

Daily Meal Plan

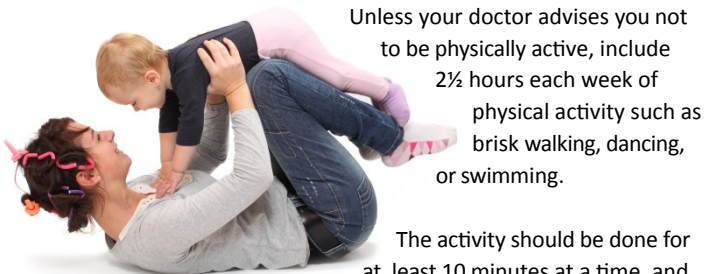
The Plan shows different amounts of food depending on how much of your baby's diet is breast milk. Moms who feed only breast milk to their baby need slightly more food. This is a general Plan. You may need more or less than the Plan.*

Food Group	Breastfeeding only	Breastfeeding plus formula	What counts as 1 cup or 1 ounce?
Eat this amount from each group daily.*			
Vegetables	3 cups	2½ cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Fruits	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Grains	8 ounces	6 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
Dairy	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese
Protein Foods	6½ ounces	5½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter

* If you are not losing weight you gained in pregnancy, you may need to cut back by decreasing the amount of "empty calories" you are eating.

Get a Daily Plan for Moms designed just for you.
Go to www.ChooseMyPlate.gov for your Plan and more.
Click on "Pregnant & Breastfeeding Women."

Being Physically Active



Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, or swimming.

The activity should be done for at least 10 minutes at a time, and preferably spread throughout the week.

Also...

- **Your need for fluids increases while you are breastfeeding.** You may notice that you are thirstier than usual. Drink enough water and other fluids to quench your thirst.
- **Seafood can be part of a healthy diet.** Omega-3 fats in seafood have important health benefits for you and your baby. Salmon, sardines, and trout are some of the choices higher in Omega-3 fats.
 - Eat 8 to 12 ounces of seafood each week.
 - Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
 - Do not eat tilefish, shark, swordfish, and king mackerel since they have high levels of mercury.

Learn about other nutrition assistance programs:
<http://www.benefits.gov/>

Consejos para Mamás Lactantes

Elegir alimentos saludables junto con actividad física regular le ayudará a mantenerse sana.

¿Qué Hay en Su Plato?

Antes de comer, piense en la comida y la cantidad que va a poner en su plato, taza o tazón.

Durante el día, incluya comida de todos los grupos de alimentos: vegetales y verduras, frutas, granos enteros, productos lácteos libres o bajos en grasa, y alimentos con proteínas magras.

Elegir Alimentos Saludables

- **Llene la mitad de su plato con frutas y vegetales.** Elija una variedad, incluyendo vegetales verde oscuro, rojas, naranjas, frijoles (judías) y chícharos (guisantes).
- **Que al menos la mitad sus granos sean enteros.** Elija granos enteros en lugar de granos refinados.
- **Cambie a leche descremada o leche al 1% de grasa.** Elija leche y productos lácteos libres o bajos en grasa, como leche, yogurt, queso o bebidas de soya fortificadas.
- **Varíe su selección de alimentos proteínicos.** Elija mariscos, carne magra y aves, huevos, frijoles (judías) y chícharos (guisantes), productos de soya y nueces semillas sin sal.
- **Reemplace grasas sólidas con aceites cuando sea posible.**
- **Seleccione alimentos bajos en "calorías vacías."**

¿Qué son "calorías vacías"? Son calorías de los azúcares y grasas sólidas añadidos a los alimentos. Algunos alimentos con calorías vacías:

- | | | | | |
|-----------------------|------------|------------|-------------------|---------------------|
| • Dulces | • Postres | • Frituras | • Helado | • Bebidas de frutas |
| • Cereales endulzados | • Galletas | • Hot dogs | • Refrescos/sodas | o té azucarado |



Leche Materna: El Primer Alimento de Su Bebé



Los médicos recomiendan alimentar sólo con leche materna durante los primeros 6 meses. Continúe amamantando como complemento a los alimentos sólidos hasta que su bebé tenga al menos 1 año.

- La lactancia materna ayuda a formar un lazo especial con su bebé.
- La leche materna ayuda a proteger a su bebé de enfermedades.
- La lactancia materna también es buena para usted. Reduce su riesgo de cáncer de mama y diabetes tipo 2.

¿Puedo Beber Alcohol?

Sea muy cautelosa en el consumo de alcohol, si se decide a beber. Puede ingerir una sola bebida alcohólica si el comportamiento de lactancia de su bebé está bien establecido—nunca antes de los tres meses. Espere por lo menos 4 horas antes de amamantar. O, puede extraer la leche materna antes de beber y alimentar a su bebé con la leche extraída.

Plan Diario de Alimentación

El plan muestra diferentes cantidades de comida dependiendo en la cantidad de leche materna en la dieta de su bebé. Las mamás que alimentan sólo con leche materna a su bebé necesitan un poco más de alimentos. Este es un plan general. Puede ser que usted necesite más o menos de lo que marca el plan.*

Grupo alimenticio	Sólo leche materna	Leche materna y fórmula	¿Qué se considera 1 taza o 1 onza?
Consuma esta cantidad de cada grupo al día.*			
Vegetales	3 tazas	2½ tazas	1 taza de vegetales crudas o cocidas o jugo 100% 2 tazas de vegetales de hoja crudas
Frutas	2 tazas	2 tazas	1 taza de fruta o jugo 100% ½ taza de fruta seca
Granos	8 onzas	6 onzas	1 rebanada de pan 1 onza de cereal listo para comer ½ taza de pasta, arroz o cereal cocido
Lácteos	3 tazas	3 tazas	1 taza de leche 8 onzas de yogur 1½ onzas de queso natural 2 onzas de queso procesado
Alimentos Proteínicos	6½ onzas	5½ onzas	1 onza de carne magra, ave o mariscos ¼ taza de frijoles cocidos (judías cocidas) ½ onza de nueces o 1 huevo 1 cucharada de mantequilla de cacahuete (mani)

* Si no está perdiendo el peso que aumentó con el embarazo, es posible que necesite reducir la cantidad de “calorías vacías” que está consumiendo.

Obtenga un Plan Diario para Mamás diseñado sólo para usted.
Visite www.ChooseMyPlate.gov para obtener su plan y más.
Haga clic en “Pregnant & Breastfeeding Women.”

Sea Físicamente Activa



A menos que su médico le aconseje no estar físicamente activa, incluya 2½ horas de actividad física como caminar rápidamente, bailar o nadar. La actividad debe hacerse al menos 10 minutos a la vez, y de preferencia a lo largo de la semana.

Además...

- **Su necesidad de líquidos se incrementa mientras está amamantando.** Puede notar que tiene más sed de lo acostumbrado. Beba suficiente agua y otros líquidos para calmar su sed.
- **Los mariscos pueden ser parte de una dieta saludable.** Las grasas Omega-3 en los mariscos tienen beneficios importantes de salud para usted y su bebé. Salmón, sardinas, y trucha son algunas de las variedades más ricas en grasas Omega-3.
 - Coma de 8 a 12 onzas de mariscos a la semana.
 - Coma todos los tipos de atún, pero limite el atún blanco (albacora) a 6 onzas por semana.
 - No coma blanquillo, tiburón, pez espada ni macarela rey debido a que contienen altos niveles de mercurio.

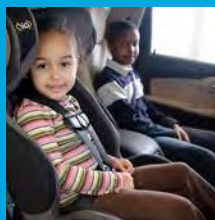
Conozca acerca de nuestros programas de asistencia nutricional:
<http://www.benefits.gov/>

Car Seat Checkup

Top 5 Things to Do



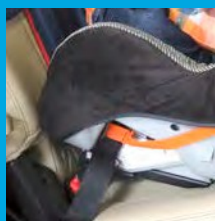
- ☐ **Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



- ☐ **Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



- ☐ **Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.



- ☐ **Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



- ☐ **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

SAFE KIDS
BUCKLE UP
CELEBRATING

15 YEARS

PR • UC • PR • GRAM • SUPP • RTER

GM FOUNDATION

CLAIM YOUR FREE BABY BOX!

WHAT ARE BABY BOXES?

Inspired by the maternity packages that the Finnish government sends to all expectant mothers, Baby Boxes are new baby starter kits that double as safe sleep spaces for infants. Each Baby Box includes a custom mattress with fitted sheet so that it can be used as a bassinet. Baby Box distribution in conjunction with community health and education supports have helped Finland achieve one of the world's lowest infant mortality rates, thus saving countless infant lives over the years. Our free Baby Boxes, which are tied to the international education platform Baby Box University, also include new parent essentials such as diapers, breast pads, brain-boosting activity cards for infants and more.

WHAT IS BABY BOX UNIVERSITY?

Parenting education goes hand-in-hand with Baby Box distribution to support little ones with a safe start in life. BabyBoxUniversity.com, a platform from The Baby Box Co. in coordination with committed medical professionals, maternal health advocates, and child development specialists, provides expecting and new parents around the world with universal access to current educational resources and a supportive network.



HOW DO I CLAIM MY FREE BABY BOX?

All expecting and new parents are eligible to participate!
In order to claim your FREE Baby Box, you simply need to follow these 3 easy steps:

- 1** Register on Baby Box University at www.babyboxuniversity.com.
- 2** Log onto www.babyboxuniversity.com and watch the 10-15 minute relevant syllabus for your hospital or region. After you've taken the quiz, you will receive a certificate of completion which you take a screenshot of or print off.
- 3** Bring your certificate to your relevant distribution center in order to collect your Baby Box. That's it!



Congratulations on the birth of your little one, and welcome to the Baby Box family!



HAVE QUESTIONS?

Email info@babyboxuniversity.com for prompt support if you encounter any trouble with the Baby Box University process.

WHAT IS SIDS?

SIDS (Sudden Infant Death Syndrome) is the sudden, unexplained death of a baby younger than one year of age that doesn't have a known cause even after a complete investigation.

Sleep-related causes of infant death are those linked to the baby's sleep conditions. These deaths are generally due to accidental causes, such as suffocation; entrapment (when baby gets trapped between two objects), such as a mattress and wall, and can't breathe, or strangulation.

TOP TIPS TO REDUCE SIDS RISK

1. Always place a baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS. The back sleep position is the safest position for all babies.
2. Use a firm sleep surface, such as a mattress in a safety-approved Baby Box, crib or bassinet, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death. Do not use a car seat, carrier, swing, or similar product as baby's everyday sleep area. Never place baby to sleep on soft surfaces, such as on a couch or sofa, pillows, or blankets. When using your Baby Box, place it on the floor or on a sturdy, secure surface like a coffee table. To make sure your sleep space is safe; you can contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.
3. Your baby should not sleep in an adult bed, couch, on a chair alone, with you, or with anyone else. Room sharing – keeping baby's sleep area in the same room where you sleep – reduces the risk of SIDS and other sleep-related causes of infant death. If you bring your baby into your bed to breastfeed, make sure to put him or her back in a safe, separate sleep area in your room.
4. Keep soft objects – toys, crib bumpers, and loose bedding--out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death. Don't use pillows, blankets, or crib bumpers anywhere in your baby's sleep area. Evidence does not support using crib bumpers to prevent injury. In fact, crib bumpers can cause serious injuries and even death.
5. Embrace a healthy lifestyle. Get regular prenatal care during pregnancy and don't smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born. According to the American Cancer Society and the American Congress of Obstetricians and Gynecologists, babies born to women who smoked during pregnancy die from SIDS three times more often than babies born to nonsmokers. Once baby is born, do not smoke or allow smoking around your baby, and make sure to bring your baby to all of his or her doctor recommended check-ups.
6. Breastfeed to help reduce the risk of SIDS. While breastfeeding is natural, it is not always easy, so seek out help when needed. Most hospitals have lactation consultants on staff, and you can always seek out your local La Leche League group for additional support.
7. Do not let your baby get too hot during sleep. Dress your baby in no more than one layer more of clothing than you would wear to be comfortable. Keep the room at a temperature that is comfortable for an adult.
8. Avoid products like wedges and sleep positioners that can create a risk of entrapment.
9. Give your baby plenty of tummy time when he or she is awake and when someone is watching. Supervised tummy time helps your baby's neck, shoulder, and arm muscles get stronger, which can help your baby push away if he or she has rolled into a corner or against the side of the crib. It also helps to prevent flat spots on the back of your baby's head.

FAQS ABOUT SIDS

Q. [What is the best way to reduce my baby's risk for SIDS?](#)

A. Placing your baby on his or her back to sleep for every sleep time is the very best way to reduce the risk of SIDS.

Q. [Will my baby choke on spit-up if placed on the back to sleep?](#)

A. No. Healthy babies naturally swallow or cough up fluids – it's a reflex all people have. Babies might actually clear fluids better when on their backs.

Q. [What if my baby rolls onto the stomach on his or her own during sleep? Do I need to put my baby in the back sleep position again if this happens?](#)

A. No. Rolling over is an important and natural part of your baby's growth. Most babies start rolling over on their own around four to six months of age. If your baby rolls over on his or her own during sleep, you do not need to turn the baby over onto his or her back. The important thing is that the baby start off every sleep time on his or her back to reduce the risk of SIDS, and that there is no soft, loose bedding in the baby's sleep area.

Q. [Can I use a sleep positioner or wedge?](#)

A. No. Sleep positioners and wedges are now considered suffocation hazards. Only a few years ago these were marketed as SIDS prevention devices, yet now they are known to be dangerous. If your baby spits up a lot or has been diagnosed with gastroesophageal reflux, you may consider raising the head of the Baby Box or crib mattress. Remember, nothing goes in the Baby Box or crib except the baby and a tight fitting crib sheet.

Q. [I like to sleep with my baby, especially when he or she needs to feed during the night. Is this safe?](#)

A. Unfortunately, sleeping with your baby in the same bed, or "co-sleeping," puts your baby at significant risk for suffocation. It is especially dangerous to sleep with your baby on a couch, a waterbed, or a bed with a comforter. Sadly, many babies die when they get wedged between a parent and a couch cushion or get their faces buried in bedding. Instead of co-sleeping, try using a Baby Box or bedside bassinet to make life easier when your baby wakes frequently in the night. Be sure that your baby's bed is SIDS safe -- many beds such as Moses baskets and beds with soft bedding and blankets are not safe.

Q. [I have a crib set with a bumper, blanket, stuffed animal and other matching pieces. Is it safe?](#)

A. No. Nothing should go in a sleeping space except the baby and a tight fitting crib sheet. The "crib sets" marketed by many retail stores include many unsafe items.

Q. [How long should my baby sleep on his or her back?](#)

A. The American Academy of Pediatrics recommends that babies sleep on their backs until they are one year of age.

Make sure everyone who cares for your baby (includes grandparents, babysitters and childcare providers, older siblings, and others) knows how to reduce the risk of SIDS and other sleep-related dangers. They may think one time won't matter, but it can. When a baby who usually sleeps on his back is suddenly laid on his stomach to sleep, the risk of SIDS is very high.

Help family members, babysitters, daycare workers— EVERYONE—reduce your baby's risk of SIDS and ensure a safe sleep area for your baby. Share these safe sleep messages with everyone who cares for your baby or for any baby younger than one year of age.

This sleep safety information is adapted from information provided by the *Eunice Kennedy Shriver* National Institute of Child Health & Human Development.