

# Help Baby Sleep Safely... every night & every nap



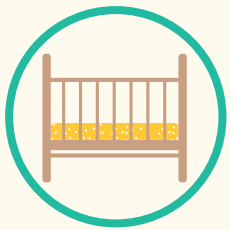
## Alone

Share your room, but **not** your bed



## Back

Safest position for baby to sleep is on their back. This helps baby breath easily.



## Crib

Keep baby's sleeping place clean and clear with just a tight-fitting sheet on a firm mattress.



## No sofas or adult beds!

Most sleep-related deaths occur when babies sleep with an adult or another child, or other unsafe surfaces.



**Don't smoke!** Keep home free of cigarette, marijuana, or vaping smoke. Any kind of smoke can cause breathing problems in babies.



**No soft objects in baby's sleeping place!** Blankets, pillows, stuffed animals, or crib bumpers increase risk of suffocation.

## In Maryland from 2015-2019, **264** cases of SUID were reviewed.

Almost **90%** of SUIDs cases in MD occur in early infancy between 0-6 months. Over half of these cases occurred in non-hispanic Black infants, with additional racial and ethnic disparities in other groups. Cases occur across the state, with **33% in rural areas** - which often have higher rates of SUIDs than urban areas.



## Always follow ALL safe sleep practices.

Among cases reviewed in Maryland,

- **49%** placed infant on back to sleep
- **61%** had a crib or bassinet available

However,

- **71%** had soft object in sleeping area
- **31%** had secondhand smoke exposure
- only **19%** of infants slept in crib/bassinet
- **56%** slept with adult, child or pet
- **51%** slept in adult bed

