



Key messages for new and expectant parents:

- Sleep is one of the biggest challenges for newborns and parents.
- Military life can be challenging, and parent self-care is an important part of infant safety.
- Where and how a baby is placed for sleep is important for safety.

Safe sleep recommendations:

- Always place infants on their backs to sleep.
- Use a firm, flat sleep surface.
- Keep the sleep area clear of objects and loose bedding.
- Don't let infants get overheated.
- Have conversations about safe sleep with people who will take care of your baby.
- Talk to your pediatrician if you have questions.

Learn more with our Safe Infant Sleep MilLife Guide:

<https://www.militaryonesource.mil/resources/millife-guides/safe-sleep-for-infants/>

Safe Infant Sleep: How Service Providers Can Help Families

Background:

The Defense Department is committed to helping military parents keep their babies safe — especially during sleep. Discover useful ideas and resources you can use to help new and expectant parents create a happy and healthy sleep environment — and decrease the risk of sudden infant death syndrome — for every nap and every night.

Your role:

Engage new and expectant parents, direct them to educational resources about safe infant sleep practices and provide them with tools and empowerment to manage infant sleep-related challenges.

The opportunities:

- Incorporate safe sleep messages and resources into educational programs, parenting groups and briefings for military families.
- Use the parent-focused information from the American Academy of Pediatrics.
- Share articles and podcasts on safe sleep practices from Military OneSource.
- Connect online through newsletters or social media pages.
- Direct parents who need extra support to their local New Parent Support Program.



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