Military OneSource Video — How Can I Create a Safe Sleep Environment for My Baby?

Video transcript

Narrator:

How can I create a safe sleep environment for my baby?

When you're a parent with a new baby, there can be a lot to learn, and understanding safe sleep practices is essential, so your baby is healthy now, and down the line.

So what does it mean to have a safe sleep environment? Let's start with the basics. Do you know your ABCs?

When putting your baby to sleep, they should be Alone, on their Back and in a Crib, for every nap and every night. That means practicing room sharing instead of bed sharing. Placing your baby on a firm, flat surface and removing all items from the sleeping area, including pillows, loose sheets, bumpers and toys.

When preparing your baby for sleep, make sure they're wearing lightweight sleeping clothes or a fitted, sleeveless sleep sack, so they don't become overheated.

Swaddling is also an option for infants until they're able to roll over, which can be as soon as eight weeks. And if your baby is fussy at bedtime, a stringless, clip-free pacifier can be an option to help them get to sleep safely.

With a life that keeps you on the go, it's important to let any caregivers know about the sleep routine you've lined up. Leave written instructions, show them what to do and be clear about your expectations.

Another safe sleep standard? You need sleep too. It's just as important to take care of yourself, so that you're able to show up for your family.

When possible, try to sleep when your baby sleeps, call in lines of support when you need it and give yourself grace as you adjust to this new chapter.

You may not always get it right, but prioritizing safe sleep practices can help reduce the risk of injury or infant death, secure safety and ensure your baby gets the healthy sleep they need.

For any questions or concerns about how your baby is sleeping, contact your pediatrician, and learn more about safe infant sleep at MilitaryOneSource.mil/Safe-Sleep.