



Share the Message

Safe Sleep is everyone's job.
Make sure grandparents,
babysitters, childcare providers
& friends all know the ABCs
of safe sleep.



Together we can keep
Mississippi's babies safe.



Mississippi State Department of Health
601-576-7443 | msdh.ms.gov/safesleep



**SAFE SLEEP
MISSISSIPPI**

Protect your baby from
sleep-related death.

Every nap,
Every night,
Every caregiver.





The ABCs of Safe Sleep

- ★ **A** – Alone: Baby sleeps alone. No pillows, blankets, toys or pets in the crib.
- ★ **B** – Back: Always place baby on their back to sleep for naps and nighttime.
- ★ **C** – Crib: Baby should sleep in a safety-approved crib, bassinet or portable play yard with a firm mattress and fitted sheet.

Remember:
Every nap,
Every night,
Every caregiver.



Understanding the Risk

Infants are Vulnerable

Sleep-related deaths are the third-leading cause of infant death in Mississippi. They are the result of accidental suffocation, breathing interference, or unknown causes.

How to Reduce the Risk:

- ★ Always place baby on their back for sleep.
- ★ Use a firm crib mattress with fitted sheet.
- ★ Keep the crib clear—no soft objects or loose bedding.
- ★ Do not bed-share—never place baby on couches, chairs, with siblings or in adult beds.
- ★ Dress baby in sleepwear, not blankets, to avoid overheating.
- ★ Offer a pacifier at nap and bedtime (after breastfeeding is well-established).
- ★ Breastfeed if possible—it helps lower risk. Avoid exposure to smoking before and after birth.



Baby Care Tips

Colic vs. Sick

- ★ **Colic:** Baby cries a lot, often in the evening, but feeds, gains weight, and is otherwise healthy.
- ★ **Sick Baby:** Crying is paired with symptoms like fever, vomiting, breathing trouble, rash, or poor feeding.

Soothing Grumpy Babies

- ★ Swaddle baby snugly in a light blanket (not in the crib).
- ★ Rock gently or use soothing motions.
- ★ Offer a pacifier.
- ★ Try soft singing, white noise or quiet music.
- ★ Hold your baby close—sometimes they just need comfort.



If you are concerned about your baby's sleep, call your doctor.