

Helping Baby “Back to Sleep”

The safest way for your baby to sleep is alone, on their back and in a crib.

A, is for **alone** with you nearby and nothing else in the crib.

B, is for on your baby’s **back**.

C, stands for in a **crib** or Pack ‘n Play®.

Not all babies like to sleep this way. These tips may help you teach your baby to sleep in the safest way.



What can I do before my baby goes to sleep?

Try any of these things to get your baby ready for sleep:

- Put your baby’s crib or bassinet near your bed for the first six months of life. Babies listen to the way you breathe while sleeping. This can be comforting to your baby.
- Walk around with baby in your arms. Put your baby on their back in their crib when sleepy, but still awake. This will help your baby learn to fall asleep on their own.
- Keep bedtime and naptime routines the same as much as possible.
- Feed or bathe your baby. Be sure to burp your baby before putting them to sleep.
- Gently rub your baby’s arm and legs.
- You can bundle your newborn baby until they start to roll. Stop bundling and use a sleep sack once your baby is rolling so that your baby is not sleeping with any loose linens in the crib.
- Read your baby a quiet story or sing your baby a song.
- Cuddle or rock your baby.



What can I do in the middle of the night?

- Babies have an active time during sleep. Babies may move, breathe faster and even grunt or cry. Your baby is most likely still sleeping. Be sure your baby is actually crying before checking on them. Let your baby work through this time alone.
- If your baby is awake, go as quickly as possible, so your baby can calm down quickly.
- If your baby needs to eat or be changed, do so as quietly as possible. Keep the lights low and the room very calm.

Sometimes it is ok to just let your baby cry for a short time.

Remember: it is safest for your baby to sleep alone, on their back, in a crib.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.