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.

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**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.

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**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

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Talk with your provider for more information.
For more resources, contact mdh.mchb@maryland.gov