

What are the 2 most important things to remember about the Back to Sleep campaign?

1. Healthy babies are safest when sleeping on their backs at nighttime and at naps. Side sleeping is not as safe as back sleeping and is not advised.
2. Tummy time is for babies who are awake and being watched. Your baby needs this to develop strong muscles.

Remember...Back to Sleep, Tummy to Play

How much tummy time should an infant have?

Beginning on his first day home from the hospital or in your family child care home or center, play and interact with the baby while he is awake and on his tummy 2 to 3 times each day for a short period of time, increasing the amount of time as the baby shows he enjoys the activity. A great time to do this is following a diaper change or when the baby wakes up from a nap.

Tummy time prepares babies for the time when they will be able to slide on their bellies and crawl. As babies grow older and stronger they will need more time on their tummies to build their own strength.

What if the baby does not like being on her tummy?

At first, some babies may not like the tummy time position. Place yourself or a toy in front of the baby to play with. Eventually your baby will enjoy tummy time and begin to enjoy play in this position.

Doesn't sleeping on her back cause the baby to have a flat head?

Parents and caregivers often worry about the baby developing a flat spot on the back of the head because of sleeping on the back. Though it is possible for a baby to develop a flat spot on the head, it usually rounds out as they grow older and sit up. There are ways to reduce the risk of the baby developing a flat spot:

1. Alternate which end of the crib you place the baby's feet. This will cause her to naturally turn toward light or objects in different positions, which will lessen the pressure on one particular spot on her head.
2. When the baby is awake, vary her position. Limit time spent in freestanding swings, bouncy chairs, and car seats. These items all put added pressure on the back of the baby's head.
3. Spend time holding the baby in your arms as well as letting her play on the floor, both on her tummy and on her back.
4. A breastfed baby would normally change breasts during feeding; if the baby is bottle fed, switch the side that she feeds on during feeding.

How can I exercise the baby while on his tummy?

There are lots of ways to play with the baby while he is on his tummy.

1. Place yourself or a toy just out of the baby's reach during playtime to get him to reach for you or the toy.
2. Place toys in a circle around the baby. Reaching to different points in the circle will allow him to develop the appropriate muscles to roll over, scoot on his belly, and crawl.
3. Lie on your back and place the baby on your chest. The baby will lift his head and use his arms to try to see your face.
4. While being watched by an adult or caregiver, have a young child play with the baby while on his tummy. Young children can get down on the floor easily. They generally have energy for playing with babies, may really enjoy their role as the "big kid," and are likely to have fun themselves.



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Supported in part by Grant No. U93 MC 00184 from the Maternal and Child Health Bureau (Title V, Social Security Act), Health Resources and Services Administration, Department of Health and Human Services.

National SIDS resources

Reducing the Risk of SIDS in Child Care Speaker's Kit from the American Academy of Pediatrics: Visit www.healthychildcare.org to download a free copy.

Caring for Our Children, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care, Second Edition: Visit the National Resource Center for Health and Safety in Child Care Web site at <http://nrc.uchsc.edu> to download a free copy.

American Academy of Pediatrics Policy Statements: www.aappolicy.org
Changing Concepts of Sudden Infant Death Syndrome: Implications for Infant Sleeping Environment and Sleep Position:
<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/3/650>

National Institute for Child and Human Development Back to Sleep Campaign:
<http://www.nichd.nih.gov/sids>

CJ Foundation for SIDS:
<http://www.cjsids.com>

American Indian and Alaska Native SIDS Risk Reduction Resource:
http://www.cjsids.com/resource_kit/CJ_resource.htm

First Candle/SIDS Alliance:
www.sidsalliance.org

Association of SIDS and Infant Mortality Programs:
<http://www.asip1.org>

National SIDS and Infant Death Program Support Center:
<http://sids-id-psc.org>

National SIDS and Infant Death Resource Center:
<http://www.sidscenter.org>

Back to sleep and tummy to play

Follow these easy steps to create a safe sleep environment in your home, family child care home, or child care center:

1. Always place babies on their backs to sleep, even for naps.
2. Place babies on a firm mattress in a safety-approved crib. (Cradles and bassinets may provide safe sleeping enclosures, but safety standards have not been established for these items.)
3. Remove soft, fluffy bedding and stuffed toys from the baby's sleep area.
4. Make sure the baby's head and face remain uncovered during sleep.
5. Place the baby in a smoke-free environment.
6. Allow the baby to sleep in light clothing with 1 or no blanket to avoid overheating. If a blanket is used, make sure the baby's feet are at the bottom of the crib, that the blanket comes up no higher than the baby's chest and that it is tucked in on the bottom and 2 sides of the crib. Consider using a sleep sack, or a wearable blanket instead.
7. If you are working in a family child care home or center, create a safe sleep policy to ensure that staff and families understand and practice back to sleep and SIDS risk reduction in child care. If you are a parent with a child in out-of-home child care, advocate for the creation of a safe sleep policy. *Caring for Our Children, National Health and Safety Performance Standards: Guidelines for Out of Home Child Care Programs* outlines what should be included in the safe sleep policy. Visit <http://nrc.uchsc.edu> to download a free copy.



Understanding the Importance of Tummy Time

How much tummy time should an infant have?

How can I exercise a baby on his tummy?

What if the baby doesn't like being on her tummy?

Doesn't sleeping on the back create a flat head?

Back To Sleep All of the Time, Every Time

Healthy Child Care America
Back to Sleep Campaign
www.healthychildcare.org