

Safe Sleep ^{on the} **Back** - Happy Play ^{on the} **Tummy**

Why Should Babies Sleep on their Backs?

To reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, the National Institute of Child Health recommends babies sleep on their backs on a firm mattress without blankets, bumpers, pillows or toys. **Since safe sleeping campaigns started in 1994, the SIDS rate in the United States has dropped by 50%.**

The Tummy Time Timeline



Tummy time tips

Make it fun! Adding toys in front will help engage your child in tummy time. You can also try singing or making faces, anything to help them look up to lift their head higher! You can make tummy time easier by adding support using a rolled towel, nursing pillow, exercise ball, or even over your chest or legs!

