



# Safe Sleep Plan

So, you've learned about the ABCs of Safe Sleep, you know the risks of secondhand smoke and the amazing benefits of breastfeeding.

But what's next? Now, it's time to put that knowledge to work and make a plan, so in moments of weakness (or just exhaustion!) you know what to do to keep your baby safe while they sleep.

**1. First step:** Where are you going to set up your baby's crib, pack and play or bassinet?

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**2. Now we know where the crib is going to go, what about feeding your baby?**

What are your plans for breastfeeding or formula feeding? A helpful tip, even if you plan to breastfeed, doing a little bit of research about formulas doesn't hurt – just in case things aren't going as planned.

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**3. Knowing your plans for feeding a baby is so important.** Let's imagine a scenario: it's 2am and your baby has woken up hungry. Who will feed them? Where will the baby be fed? What things can be done to help whoever is feeding a baby to stay awake? What are the most important things to make sure your baby is safe and makes it back in their crib when they are full?

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**4. Do you or does someone in your home smoke?** What plans do you have to reduce your baby's exposure to secondhand smoke? \_\_\_\_\_

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**5. It's time to identify your support systems!** Think about what you may need help with once the baby is here: groceries? Making meals? Doing laundry? Who is the expert on all things baby that you can call when things get tough? Are you enrolled in a home visiting or neighborhood navigation program? Who do you go to when:

**You need help with a meal?** \_\_\_\_\_

**You need help with chores like laundry or keeping your home clean?** \_\_\_\_\_

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**You aren't sure if something is normal for your baby or not?** \_\_\_\_\_

**You are exhausted and need someone to watch the baby for a few hours?** \_\_\_\_\_

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**6. We all know that sometimes babies just won't go to sleep.** It seems that no matter what we try, that baby will cry all night long. What are some things you can try to help your baby sleep, so you aren't tempted to put them in the bed with you or let them sleep in a swing?

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**7. Who else will be helping care for your baby?** How are you going to talk to them about safe sleep? When will you have this conversation? What resources do you need to help them learn?

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**8. What are other things you can think of that you need to do or need help with to make sure that your baby is safe every time they sleep?**

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**Have questions?** Contact our Cribs for Kids program at 937-496-6831.

**Need additional resources for pregnancy or a new baby?**  
Contact our Neighborhood Navigators at 937-496-7718.





## Safe Sleep Plan - Suggested Answers

**So, you've learned about the ABCs of Safe Sleep, you know the risks of secondhand smoke and the amazing benefits of breastfeeding. But what next?** Now, it's time to put that knowledge to work and make a plan, so in moments of weakness (or just exhaustion!) you know what to do to keep your baby safe while they sleep.

**1. First step:** Where are you going to set up your baby's crib, pack and play or bassinet?

It's recommended that your baby sleeps in your room for at least the first six months, and the crib should be away from any cords, strings, curtains, or other objects that the baby could pull into the crib. If you have a humidifier in the room with the baby, keep it a safe distance away from the crib.

**2. Now we know where the crib is going to go, what about feeding your baby?**

What are your plans for breastfeeding or formula feeding? A helpful tip, even if you plan to breastfeed, doing a little bit of research about formulas doesn't hurt – just in case things aren't going as planned.

If you need feeding support, the Montgomery County WIC Office can provide resources and guidance for breastfeeding, formula use, and nutrition. You can reach them at **937-225-6166**. Lactation consultants are also a great resource – they aren't just for the hospital. Many insurance companies, including Medicaid, cover outpatient visits to lactation consultants. Insurance, including Medicaid, often covers breast pumps as well. Check with your insurance company on what is covered so you can get the resources and support you need while feeding your baby.

**3. Knowing your plans for feeding a baby is so important.** Let's imagine a scenario: it's 2am and your baby has woken up hungry. Who will feed them? Where will the baby be fed? What things can be done to help whoever is feeding a baby to stay awake? What are the most important things to make sure your baby is safe and makes it back in their crib when they are full?

a. No matter who will be feeding your baby overnight, it's important to think about a few things for safety. Most parents fall asleep while feeding their baby at some point, but when feeding your baby, there are some spaces that are safer to accidentally fall asleep than others. A recliner or couch is actually one of the most dangerous places to fall asleep while feeding your baby. The baby could get wedged between the cushions and suffocate – and the chances of someone noticing a problem are very, very low. A baby does not cry or give a warning when they are suffocating, they look just like a sleeping baby. So, if you choose to feed in a recliner or on the couch, it is important that you take good measures to stay awake and that you put the baby back in their crib when you are finished. If your baby is being fed in an adult bed, it is safest to remove all blankets and pillows from the area, including breastfeeding pillows. This way, if you or the person feeding your baby falls asleep, there are no objects that may suffocate the baby. Be aware of the possibility of the baby rolling and becoming wedged between the bed and the wall or falling off the mattress.

b. Even with these extra measures, the best thing to do is to take steps so you don't fall asleep while feeding. There are a lot of things you can do to prevent falling asleep while feeding the baby:

- **Get up and walk around.**
- **Scroll on your phone or watch television.**
- **Have a snack or a cold drink of water.**
- **Play games.**
- **Talk to your partner.**

One of the easiest ways is to set an alarm – so even if you do drift off, that alarm will wake you up, and you can put the baby back in their crib, bassinet, or pack and play.

**4. Do you or does someone in your home smoke?** What plans do you have to reduce your baby's exposure to secondhand smoke?

a. Secondhand smoke is one of the most dangerous things for your baby when it comes to SIDS and other sleep-related deaths. There are a few things that can be done to reduce your baby's exposure, whether you are still pregnant or if the baby is already here:

l. If you smoke tobacco, quitting is always the best option, for your health and your baby's. If you are currently pregnant, you may qualify for Public Health's **Baby & Me Tobacco Free Program**, which can be contacted at **937-496-3282**. If you smoke tobacco and are not pregnant, or if someone else who will be caring for your baby smokes tobacco, they can contact the **Ohio Tobacco Quit Line for help at 1-800-784-8669**.

b. For anyone who still smokes once the baby is here, there are some steps to take to reduce the baby's exposure to secondhand smoke. Smoking outside instead of in the home is an important step. Also, for anyone who smokes, changing into clean, smoke-free clothing before coming into contact with the baby can help prevent the baby from taking in chemicals that affect their breathing.

**5. It's time to identify your support systems!** Think about what you may need help with once the baby is here: groceries? Making meals? Doing laundry? Who is the expert on all things baby that you can call when things get tough? Are you enrolled in a home visiting or neighborhood navigation program? Who do you go to when:

Identifying those support systems before the baby is here can be a huge help, but it's never too late to figure out who can help when things are not easy. Talk to your friends, family, and other supports about what they are willing to help with. Do you need other services like baby items, home visiting, or social services?

**Contact our Neighborhood Navigators so they can get you connected to the support you need at 937-496-7718.**

**6. We all know that sometimes babies just won't go to sleep.** It seems that no matter what we try, the baby will cry all night long. What are some things you can try to help your baby sleep, so you aren't tempted to put them in the bed with you or let them sleep in a swing?

It's important to know that crying is normal. But of course, if there is something you can do to soothe your crying baby while still keeping them safe, you want to try. The Ohio Department of Health has put together a list of questions to ask and things to try while trying to soothe your baby. You can find this list [here](#), or scan the QR code to the right.



**7. Who else will be helping care for your baby?** How are you going to talk to them about safe sleep? When will you have this conversation? What resources do you need to help them learn?

a. This conversation may not be easy to have, but your baby's life is worth it. Having a conversation about safe sleep can be much easier before the baby is here, if possible. This gives everyone time to ask questions and be prepared. We did not always have the information we do now about safe sleep, so this may be new information to your parents, grandparents or others. If you need information about safe sleep that you can provide to them, or if you want to help them enroll in a class about safe sleep, contact Public Health's Cribs for Kids program at **937-496-6831**.

b. It's important to plan where the baby will sleep if they are at someone else's home. Plan in advance where the baby will sleep, if you will need to transport a pack and play and how to accomplish that, where to set up the pack and play, and making sure that the other caregiver knows the ABCs of safe sleep.

**8. What are other things you can think of that you need to do or need help with to make sure that your baby is safe every time they sleep?**

Do you have the resources that you need? Do you need a safe sleep space for your baby? **Cribs for Kids can provide a pack and play to WIC-eligible families in Montgomery County and Greene County, as well as answer questions you have about safe sleep. Call 937-496-6831.**

Neighborhood Navigators