

Helping your baby sleep safely



Make sure your baby is sleeping safely with these tips:

- Place your baby on their back for all sleep times.
 - Placing the baby on their back keeps them safe from choking.
 - Babies who sleep on their backs are less likely to die of sudden unexpected infant death syndrome.
 - If your baby rolls over on their own during sleep (from back to stomach) do not flip them over. Putting your baby to sleep on their back is what matters most to lower risks.
- Your baby should sleep alone in their own bed on a firm surface that is made for infants.
- Use a wearable blanket or sleep sack to keep baby warm without blankets in the sleep space.
- Keep your baby's face and head uncovered during sleep.
- Give babies their own sleep space in your room, apart from your bed.
- Use a firm and flat sleep surface, like a mattress in a safety-approved crib.
- Cover the bed with a fitted sheet and put no other bedding or soft items in the sleep space.

A safe sleep space for babies has no bumpers, pillows, blankets or toys. It's a good idea to keep your baby in the room where you sleep for at least the first six months and even for your baby's first year. Do not put your baby to sleep in an armchair, couch, car seat, infant carrier, infant sling, stroller or swing.

When putting your baby to sleep, remember the ABCDs:

- **Alone:** Always place your baby alone in their crib to sleep. Remove all bumpers, pillows or toys from the crib.
- **Back:** Always place your baby on their back and not on their side or stomach.
- **Crib:** Always place your baby in a safety-approved crib or bassinet in your room.
- **Danger:** Do not use drugs or alcohol when caring for your baby.

According to the National Sleep Foundation, babies should get 14-17 hours of sleep in a 24-hour period. Newborns will sleep throughout the day and wake every couple of hours to eat. Breastfeeding has shown to reduce the risk of sudden infant death syndrome (SIDS). If you have questions about your baby's sleep, talk with your pediatrician.

To reduce the risk of SIDS and other causes of infant death during sleep:

- Avoid alcohol and using substances after your baby is born.
- Do not smoke or allow smoking around your baby or where your baby spends time.
- Dress your baby in sleep clothing, such as a wearable blanket. Do not over-bundle.
- Give your baby a pacifier—but do not attach the pacifier to anything, like clothing, stuffed toys or blankets.
- Give your baby “tummy time” when they’re awake and someone is watching.
- Breastfeed your baby for at least six months if able to do so.

The National Institutes of Health has more information about tummy time available at <https://safetosleep.nichd.nih.gov/reduce-risk/tummy-time>.

Have questions about safe sleep? Call your HumanaBeginnings® care team!

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Auxiliary aids and services, free of charge, are available to you. 800-477-6931 (TTY: 711), Monday through Friday, from 8:00 a.m. to 8:00 p.m., Eastern time.

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

French Creole (Haitian Creole): Kreyòl Ayisyen (French Creole) Rele nimewo ki e dike anwo a pou resevwa sèvis éd gratis nan lang.

This notice is available at **Humana.com/FloridaAccessibility**.

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Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

ગુજરાતી (Gujarati): મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કૌલ કરો.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี