



Dad's Guide to Safe Sleep

A safe sleep environment for your baby is a sleep space without anything that could prevent baby's ability to breathe. This means that baby sleeps in a Consumer Product Safety Commission approved bassinet, crib, or portable crib. For sleep, baby should always be placed on their back on a firm flat sleep surface that does not incline. Baby should always be in the sleep space alone, remove all other objects such as pillows, blankets, and stuffed animals.

Find Support

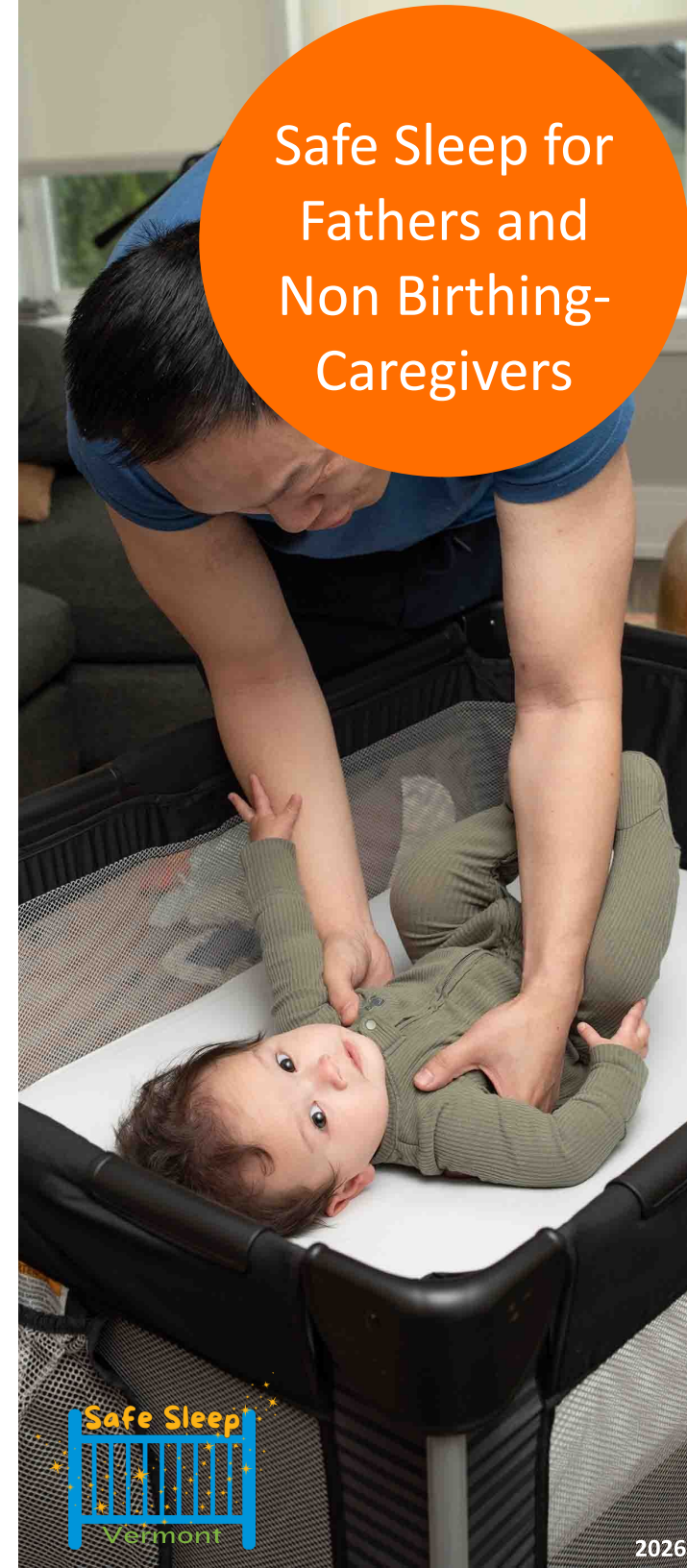
While frequent waking for baby is normal and healthy, it can be very difficult for caregivers. Being stressed and exhausted can make settling baby back to sleep even harder.

- Ask family members, friends, or someone you trust to watch baby while you nap or catch up on sleep.
- Talk to your pediatrician about strategies specific to your child's needs.
- Find community at:
 - Vermont Fatherhood www.vermontfatherhood.org
 - The Dad Guild www.dadguild.org
 - The Janet S. Munt Family Room www.thefamilyroomvt.org
- PCAVT's Parent Helpline 1-800-CHILDREN (244-5373).
- Call or Text Postpartum Support International (PSI) Vermont Helpline at (800) 944-4773 to reach a trained volunteer who will listen, support, encourage, and connect you to local resources.
- Help Me Grow VT provides connections to mental health clinicians weekdays 8am-5pm.
 - Call 211, option 6
 - Text HMGVT to 898211

For more information, visit
UVMHealth.org/SafeSleep



Safe Sleep for
Fathers and
Non Birthing-
Caregivers



Create a Safe Sleep Space



- Baby always sleeps alone on their back on a flat surface.
- Baby always sleeps in a Consumer Product Safety Commission approved crib, bassinet, or play yard.
- Make sure there are no pillows, blankets, stuffed animals, loungers, or toys in baby's sleep space.
- Baby shares the room with caregivers but not the bed.
- It's extra important not to bed share with your baby if you have been drinking alcohol or used cannabis, illicit drugs, or any medications that cause drowsiness or impact sleep.

Safe Sleep Starts with You

- If there is any possibility that you might fall asleep while your baby is in your bed, make sure there are no pillows, sheets, blankets or any other items that could cover your baby's face, head and neck, or overheat them.
- As soon as you wake up, be sure to move your baby to their own bed.
- Avoid falling asleep with your baby in other spots too.
- The risk of sleep-related infant death is higher when baby sleep with someone on a couch, soft armchair, or cushion.
- If your baby falls asleep in a car seat, stroller, swing, infant carrier or sling, move them to a firm sleep surface on their back as soon as possible.



Every Caregiver Plays a Role

- Making sure all caregivers know their baby's safe sleep routine can keep baby safe during sleep.
- Remember to take care of yourself as you get used to being a new caregiver and as you support your partner and growing family.



"Having a baby is arguably the biggest challenge for anyone, but also the most rewarding. No one feels quite ready for it, and no one is ever truly sure they're doing it right. But fathers and partners should never think they do not matter. Your baby needs you now and for their whole lives." - The American Academy of Pediatrics

Sometimes babies can't be soothed and that's okay. It does not harm a child's development. If you are stressed or overwhelmed, take care of yourself first and let baby stay in the safety of the crib. Crying is not harmful if you need space.