

Common Questions about Safe Sleep



Why do babies breathe better when sleeping on their backs?



Why shouldn't I sleep with my baby?



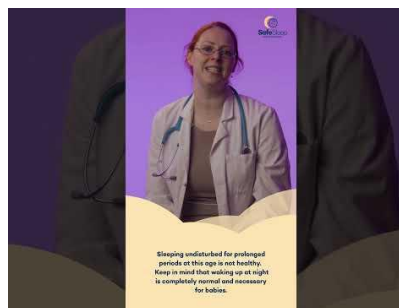
What increases the risk of injury/death if you sleep with your baby



Is the crib mattress too hard for my baby and do they need a pillow?



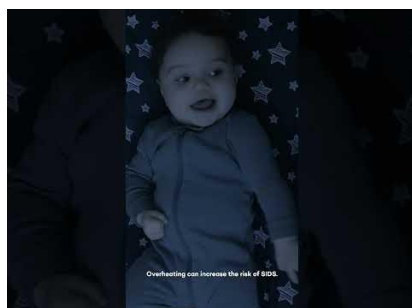
Won't my baby choke sleeping on their back?



What is normal sleep for my baby?



What does smoking or vaping have



What temperature is right for

to do with safe sleep?

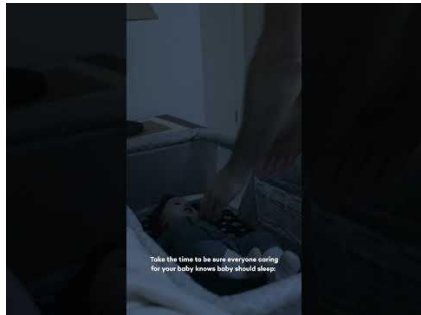


What if a caretaker uses substances or prescribed medicine that makes them sleepy?

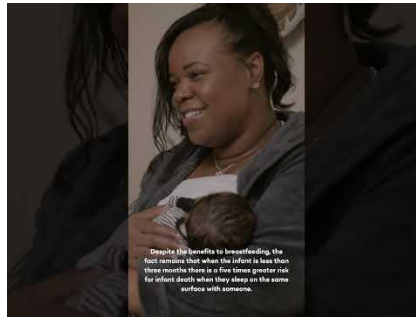
an infant's safe sleep?



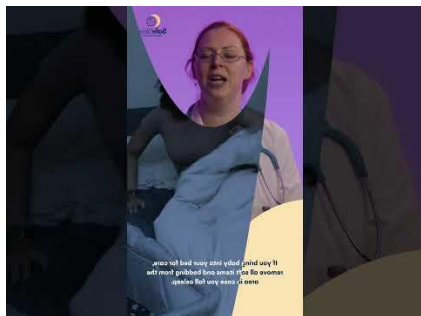
What are the recommendations about pacifiers and safe sleep?



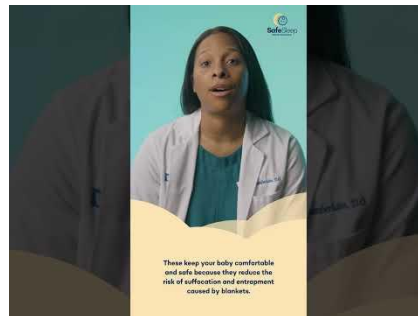
Does everyone who provides care for your baby know about safe sleep?



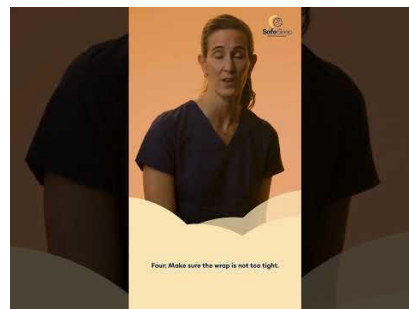
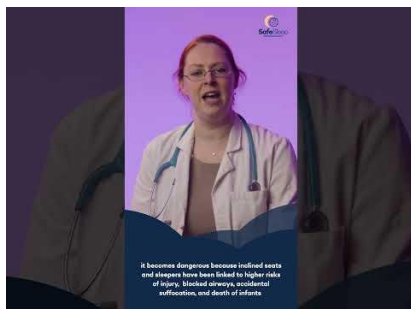
If my baby is breastfed, do I still need to follow safe sleep practices?



What if I accidentally fall asleep with my baby?



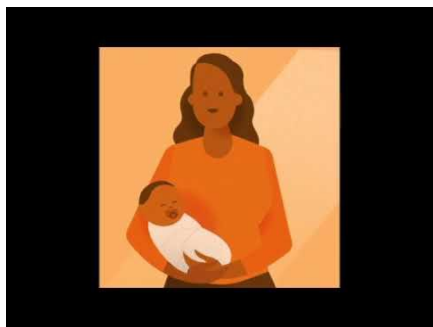
Won't baby get cold without a blanket?



Why shouldn't baby sleep in an inclined seat or crib?

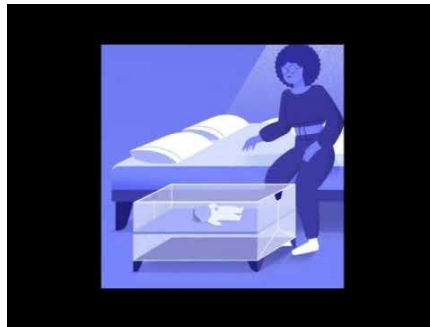


What is safe sleep?



How to Support a New Parent!

Can I swaddle my baby?



New Baby: Room share, don't bed share



The importance of keeping your baby safe while sleeping

[Watch more video reels in this series](#) from our *Safe Sleep Playlist*. #SafeSleepNC (TM) 2023.