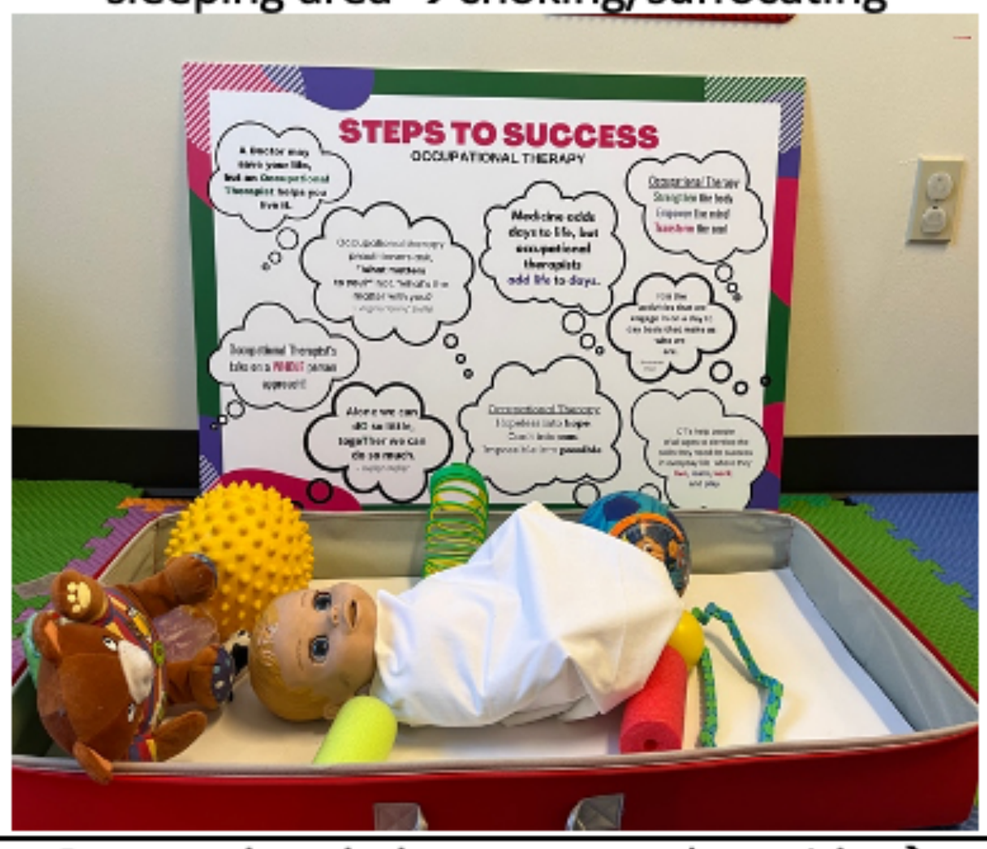
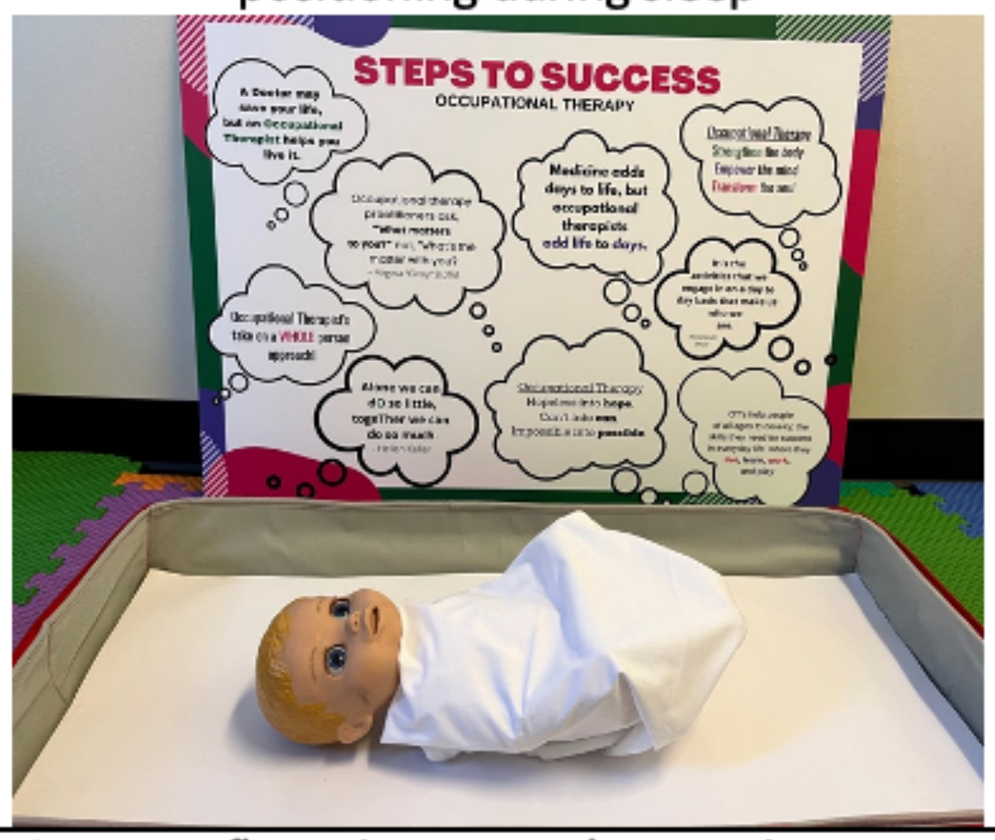
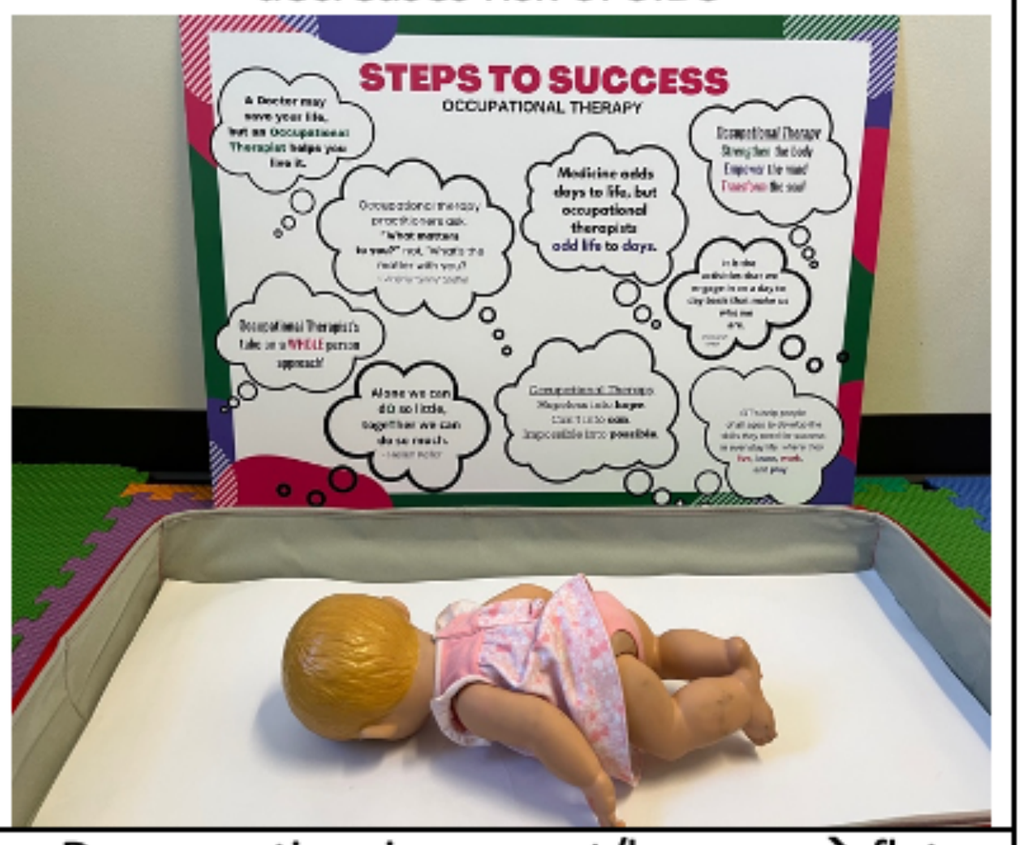
Sleep Management for Babies

Dos	Donts
Have baby sleep on a firm surface and keep sleep area clean and clear	Avoid soft surfaces, pillows, blankets, toys in sleeping area →choking/suffocating 
Place baby on back to provide safe positioning during sleep 	Do not place baby on stomach or side → decreases risk of SIDS* 
Increase floor time to explore environment and promote sensory exploration	Decrease time in car seat/bouncer→ flat head and prevents large muscle movement

*SIDS = Sudden Infant Death Syndrome

STEPS TO SUCCESS
OCCUPATIONAL THERAPY