

Back to sleep

ANCHOR LEDE

When new parents put their child to bed, it's time for them to exhale and catch up on some rest of their own. That's why it's important to have peace of mind that your baby is sleeping safely.

TAKE VO

Tiffany Waters, a birthing center charge nurse at OSF HealthCare, says the child should be on their back and on a flat, firm sheet.

The crib should be free of bumpers and loose objects like blankets and stuffed animals. Use an extra layer of clothes to keep the baby warm, not a blanket.

What about if the baby falls asleep in the car or on dad's chest? That's OK, but it should be a *short* nap.

SOT

Tiffany Waters

OSF HealthCare birthing center charge nurse

"It's easy for a baby to slip down toward the arm of the chair. Or they could get in a position where instead of an open airway, they're hunched over and not allowing for breathing function as it should." (:21)

VO TAG

You should also keep your home free of pollutants like smoke and dust that can disturb a child's sleep.