



## Babies who are born early or who have special health conditions may be at a higher risk for SIDS.

*Making a safe sleep plan before you leave the hospital can help keep your baby safe.*

### If your baby was in the Neonatal Intensive Care Unit (NICU):

- Ask the hospital staff to review how to prepare your baby for safe sleep at home.
- The plan can include how to change your baby's sleep position from their side to back.
- If your baby goes home with oxygen, feeding tubes, breathing tubes, or any monitors, make sure cords or tubes do not coil or bunch up into the area where your baby is sleeping.
- If you swaddle your baby, make space for the cords to come out from the bottom of the swaddle, keeping them away from your baby's hands and face.
- All other equipment should be next to, but not in, your baby's sleep area.



**Remember, your baby is well enough to go home, so you don't have to recreate a NICU environment at home.**



Image source: Texas WIC

**ALSO IN THIS SERIES:**  
Baby Check-ups  
Back to Sleep  
Monitors and Devices  
Sleep Surface  
Swaddling

### Let's Talk – Special Health Conditions

Speak with your doctor or health care team about your baby's sleep when baby is home.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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### Family and Caregiver Common Questions

**How can I make sure my NICU baby can get breastmilk (and its benefits) if I'm not able to breastfeed?**

Before you leave the hospital, ask to be connected with a local Human Milk Banking Association of North America affiliated milk bank.

Talk to your nurse, doctor, or baby's doctor for the number to your closest milk bank to find out more.

**Should I use a wedge to raise my baby's position like they did in the hospital?**

If your baby was placed in a non-level position while in the hospital, part of your safe sleep transition to home should include how to move away from using devices that prevent your baby from laying flat including wedges, blanket rolls, or other products.

Talk with your baby's doctor about how to keep your baby safely sleeping when at home.

**I'm concerned that my baby got used to sleeping on his tummy in the NICU. What can I do to help keep him calm?**

The risk of SIDS for preemie babies or babies with special health conditions can be even higher if they are placed to sleep on their stomachs.

Be sure to follow your hospital care team's transition plan and place your baby to sleep on his back. Skin-to-skin contact can help calm your baby, help with breastfeeding, and help keep your baby warm.

Make sure that someone is around to watch both you and your baby when holding him skin-to-skin to ensure you do not fall asleep.



### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:  
[dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)