Healthy Mothers Healthy Babies
Coalition of Hawai‘i

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TEXT
BABY (BEBE para español) to 511411

CALL
O‘ahu (808) 951-6660
Toll-Free Neighbor Islands (888) 951-6661

Healthy Mothers Healthy Babies Coalition of Hawai‘i is a member of the National Healthy Mothers Healthy Babies Coalition.

845 22nd Avenue
Honolulu, HI 96816
Phone: (808) 737-5805
Email: info@hmhb-hawaii.org

This project was funded in whole or in part by the U.S. Department of Health and Human Services, Health Resources and Services Administration, under Grant No. H5MMC20275.
Did you know that babies can die due to unsafe sleeping conditions?

PLEASE FOLLOW THESE TIPS TO KEEP YOUR BABY SAFE:

Place your baby on his or her back to sleep, even for naps.
When your baby is awake, put him or her stomach-down for “Tummy Time” (exercise, sing, talk, read or play with your baby). Do not let your baby fall asleep on his or her tummy.

Don’t smoke.
Babies who breathe smoke or sleep with those who smoke have a greater risk of unexpected death.

Make sure your baby’s crib is safety-approved.
Your baby’s crib should have a firm, fitting mattress with sheets that fit tightly. Do not let your baby sleep on surfaces like adult beds, water beds, couches or recliners. These have spaces that can trap your baby’s face and block his or her breathing.

Don’t let your baby sleep with pillows, stuffed toys, futons or comforters.
Do not let your baby sleep on soft bedding. Your baby should sleep on a firm surface that is free from soft items that could block his or her breathing.

Sleep in the same room with your baby, but not in the same bed. You can breastfeed your baby in your bed, but put him or her back in the crib when it’s time to sleep.
Sleeping with other people, even parents, sisters, or brothers, puts your baby at risk of being rolled on and smothered.

Don’t dress your baby in heavy clothes that will not make him or her too warm.
Getting too warm at night puts your baby at greater risk of unexpected death.

Use a pacifier.
After breastfeeding is established, offer your baby a clean, dry pacifier when he or she goes to sleep.

For more information:
Call Healthy Mothers Healthy Babies at (808) 951-6660
or visit the Safe Sleep website at www.safesleephawaii.org

For more helpful resources and information, visit www.hmhb-hawaii.org. You can click through a variety of information in over 20 different categories to help you with questions for before, during and after pregnancy. Or you can go to The Directory on our website to search for resources by keyword, island and category!
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Dress your baby in light sleep clothing that will not make him or her too warm.
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Healthy Mothers Healthy Babies
Help Your Baby
Sleep More Safely

With you every step of the way – before, during and after pregnancy.

CribS for Kids
Healthy Mothers Healthy Babies Coalition of Hawai‘i

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