Each year in the United States, approximately 3,500 infants die from sleep-related deaths. In hopes of reducing that number, the American Academy of Pediatrics has just released its latest safe sleep recommendations.

**Dr. Rachel Moon**

“The safest place for a baby to sleep is a crib or a basinet or a playpen – something that is separate from where the parent is sleeping and the only thing that should be in the bed is a tight fitting mattress with a tight fitting sheet and the baby – nothing else. There should be no bumper pads, no pillows, no blankets, no stuffed animals – just the crib, the mattress and the baby.”

**Maura Hanke**

“The one time he wasn’t in his crib was that horrible night.”

**Dr. Rachel Moon**

“We know that bringing the baby into bed with you surrounding the baby with soft bedding so the baby doesn’t fall onto a hard surface – all of these things that parents think are going to keep their babies safe in reality make it more dangerous for their baby.”

**Maura Hanke**

“The image of putting a baby to sleep in an empty crib – they think feels cold and harsh, but in reality it’s very safe. It’s the best thing you can do for your baby.”

**Dr. Sam Hanke**

“As a parent and as a pediatrician I did what I thought was best for my child. I didn’t think that SIDS could happen to me, but it did happen to me and it can happen to anyone. That’s why it’s so
important to follow these recommendations for each and every sleep - at nap time and at night time.”

VOICEOVER
I’m Jack Trammell.