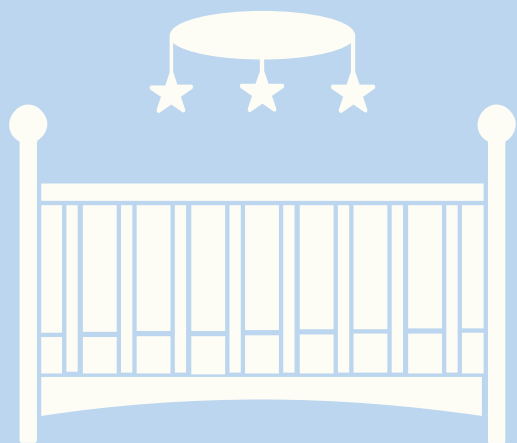


The image features a light blue background with several dark blue and teal circular shapes of varying sizes, resembling planets or moons. A large, dark blue circle with a white crescent moon is the central focus. The text "SAFE SLEEP" is written in white, bold, uppercase letters across the middle of this circle. There are also several white, five-pointed stars scattered around the scene.

**SAFE SLEEP**



**The following recommendations from the American Academy of Pediatrics help to keep your baby safe while sleeping, reducing the risk of sleep-related deaths, including sudden infant death syndrome (SIDS)**



# RECOMMENDATIONS

- Have baby sleep on his or her back



- The sleeping surface should be firm and flat (no angle) with only a fitted sheet as sleeping on soft surfaces can increase the risk of sleep-related death



- For 6 months, keep your baby's sleep area in the same room that you sleep in (room share, but do not bed share)

# WHAT TO AVOID

- Blankets, soft toys, pillows, or other soft bedding inside your baby's sleep area as they can increase the risk of suffocation and overheating
- Weighted products, such as weighted blankets and weighted swaddles



Reference:

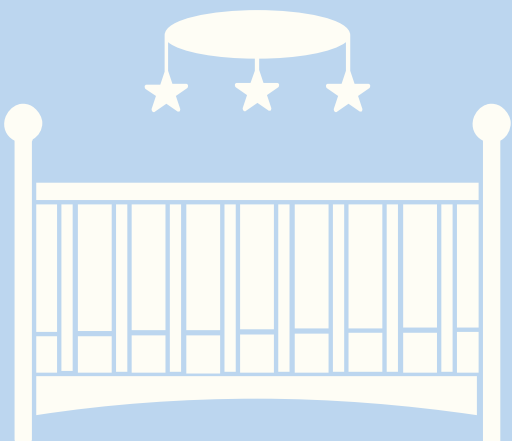
<https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html>

The background is a light blue gradient. In the center is a large, dark blue, textured circle representing a planet or moon. A white crescent moon is positioned in the upper right quadrant of this circle. The words "DORMIR" and "SEGURO" are written in a bold, white, rounded font across the center of the circle. Surrounding the central circle are several decorative elements: three white outline stars in the upper left, three white outline stars in the lower right, and several solid dark green circles of varying sizes scattered throughout the scene. There are also larger, solid dark blue circles in the corners, suggesting other celestial bodies.

**DORMIR  
SEGURO**



Las siguientes recomendaciones de la Academia Estadounidense de Pediatría ayudan a mantener a su bebé seguro mientras duerme, reduciendo el riesgo de muertes relacionadas con el sueño, incluido el síndrome de muerte súbita del lactante (SMSL).



# RECOMENDACIONES

- Haga que el bebé duerma boca arriba
- La superficie para dormir debe ser firme y plana (sin ángulo) con solo una sábana ajustable, ya que dormir en superficies suaves puede aumentar el riesgo de muerte relacionada con el sueño.



- Durante 6 meses, mantenga el área de descanso de su bebé en la misma habitación en la que usted duerme (comparta habitación, pero no comparta cama)



# QUE EVITAR

- Mantas, juguetes blandos, almohadas u otra ropa de cama suave dentro del área donde duerme su bebé, ya que pueden aumentar el riesgo de asfixia y sobrecalentamiento



- Productos pesados, como mantas y pañales pesados

referencia:

<https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html>