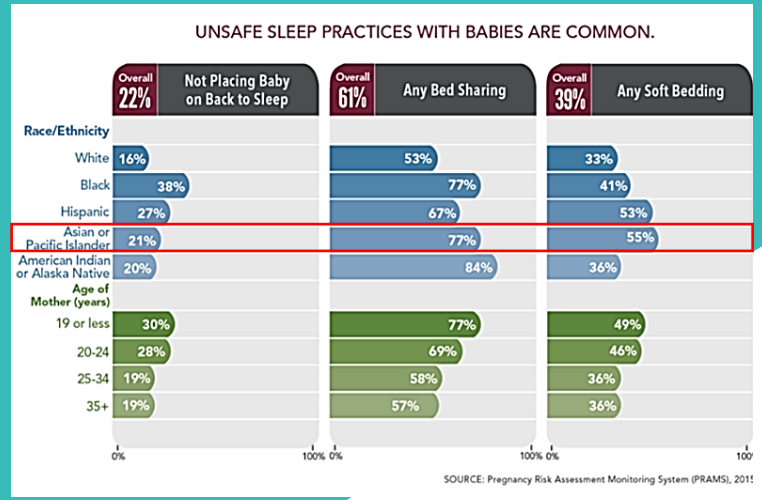




# SAFE SLEEP FOR YOUR BABY



Place the baby on his/her back at all sleep times.



Do not smoke or allow anyone to smoke near your baby.



Use a firm sleep surface, such as a mattress in a safety-approved crib, bassinet, or pack n' play



Have the baby share your room, not your bed



Asians/Pacific Islanders are statistically more likely to use unsafe sleep practices such as bed sharing or using soft bedding.



These factors have been correlated to cases of Sudden Infant Death Syndrome (SIDS)

## WHY ARE ASIANS AT RISK?

## BEST HABITS FOR YOU AND YOUR BABY

Source:  
<https://www.cdc.gov/vitalsigns/safesleep/index.html>



# THE BENEFITS OF BREASTFEEDING

Breastfeeding your baby can have many benefits for you both.

- It's the best source of nutrition for most infants
- Breastfeeding can reduce the risk of SIDS for your baby
- Breastfeeding helps boost your child's immune system
- Lower rates of infant mortality
- Increases confidence, calmness, and self-esteem for the mother
- Can lead to life-long benefits, such as lower risk of cardiovascular disease and diabetes



## BREASTFEEDING TIPS

1. Hold your baby “tummy to tummy” with your baby facing your breast
2. Make sure your baby is correctly latched-on: their mouth should be at a wide angle taking in the nipple and part of the areola
3. Babies have different feeding habits, but a feeding should generally last at least 15 minutes
4. Always wash your hands before handling breast milk
5. If using a pumping kit, always make sure it is clean
6. If storing breast milk, make sure to label it with a date and follow the guidelines below

Type of Breast Milk	Storage Location and Temperatures		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

Sources:

[https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

<https://www.chop.edu/pages/breastfeeding-tips-beginners>