



FOR IMMEDIATE RELEASE:

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AS COLD WEATHER CONTINUES, NYC ADMINISTRATION FOR CHILDREN'S SERVICES REMINDS NEW YORKERS THAT INFANTS SHOULD NEVER SLEEP WITH BLANKETS OR SHARE AN ADULT BED

To Keep Warm During Cold Temperatures, Caregivers Should Put Babies to Sleep in Sleep Sacks, Infant Pajamas, or an Extra Layer of Infant Clothing

NEW YORK, NY – Today, the NYC Administration for Children's Services (ACS) is reminding caregivers about the ways to keep babies safe while sleeping:

- Even in cold weather, babies should always sleep alone – without loose bedding like a blanket, quilt, or comforter that can cover a baby's face, causing them to suffocate—and in a crib, play yard, or bassinet.
- Caregivers should resist the urge to crank up the heating. Babies can't regulate their body temperature in the same way adults can, so it's easy for them to get too hot.
- Caregivers should not put a hat on their baby while indoors. A bare head is important for babies to maintain body temperature and release heat.

"ACS is working to make sure New Yorkers who care for infants are well-informed about the best ways to keep babies safe and warm while sleeping," **said ACS Commissioner Jess Dannhauser.** "To keep infants warm, instead of using a blanket, dress babies in wearable blankets such as a sleep sack, infant pajamas, or an extra layer of infant clothing that covers baby's arms and legs as it reduces the risk of suffocation."

ACS also wishes to remind caregivers of the following important tips:

- Avoid bringing your baby into bed with you, even if you think it will keep them warmer. A baby must never share a sleep surface, including an adult bed, couch, or chair, with anyone. Babies may suffocate if another person unintentionally rolls on top of them or covers their nose and mouth.
- Keep soft objects, loose bedding, toys, or any other items that could increase the risk of suffocation out of the baby's sleep area.
- If you're worried about a baby getting cold, dress them in a wearable blanket, such as a sleep sack, or in another layer of infant clothing.
- Place babies on their backs to sleep. Babies breathe better on their backs than on their stomachs or sides.
- Put babies to sleep on a flat, firm sleep surface with a fitted sheet made for that specific product. Though it might seem more comfortable to put a pillow on top of the mattress, babies may suffocate on the soft surface.

Over the years, ACS has engaged in important campaigns to help raise awareness about infant safe sleep practices. ACS is working to reach families proactively with educational messages and resources that can support healthy children, families, and communities.

Pursuant to New York City's Housing Maintenance Code, building owners are legally required to provide heat and hot water to their tenants. New Yorkers should contact 311 to file a complaint if indoor temperatures are not in compliance with the Housing Maintenance Code in cold weather.

For more information on infant safe sleep best practices or resources in your community, visit www.nyc.gov/safesleep or call 311 and ask for Safe Sleep.