

The ABCDEs of Safe Sleep For your Baby!



- ✗ Bumper
- ✗ Pillow
- ✗ Blanket
- ✗ Soft toys



- ✓ Baby is alone
- ✓ Put to sleep on back
- ✓ Crib/bassinet meets current safety standards

Alone - Always place babies to sleep alone.

Back to sleep - Always place babies on their back to sleep, never on their side or stomach.

Crib Always use a crib or firm, flat sleep surface that is clean and clear of blankets, pillows, soft objects, or loose bedding.

Do not smoke - Smoke in the home makes it harder for babies to breathe well and increases the risk of sleep related deaths.

No **E**xceptions - Always practice these precautions.