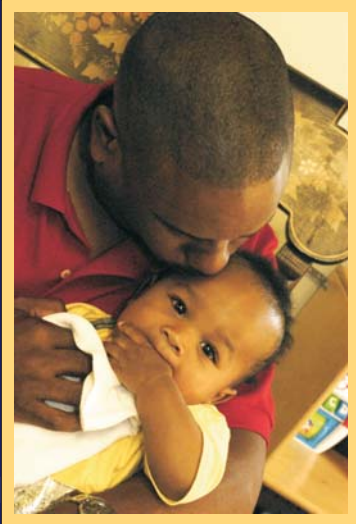


Why?

To reduce the risk of suffocation, and Sudden Infant Death Syndrome (SIDS).



Tell everyone who cares for your baby to follow these tips...

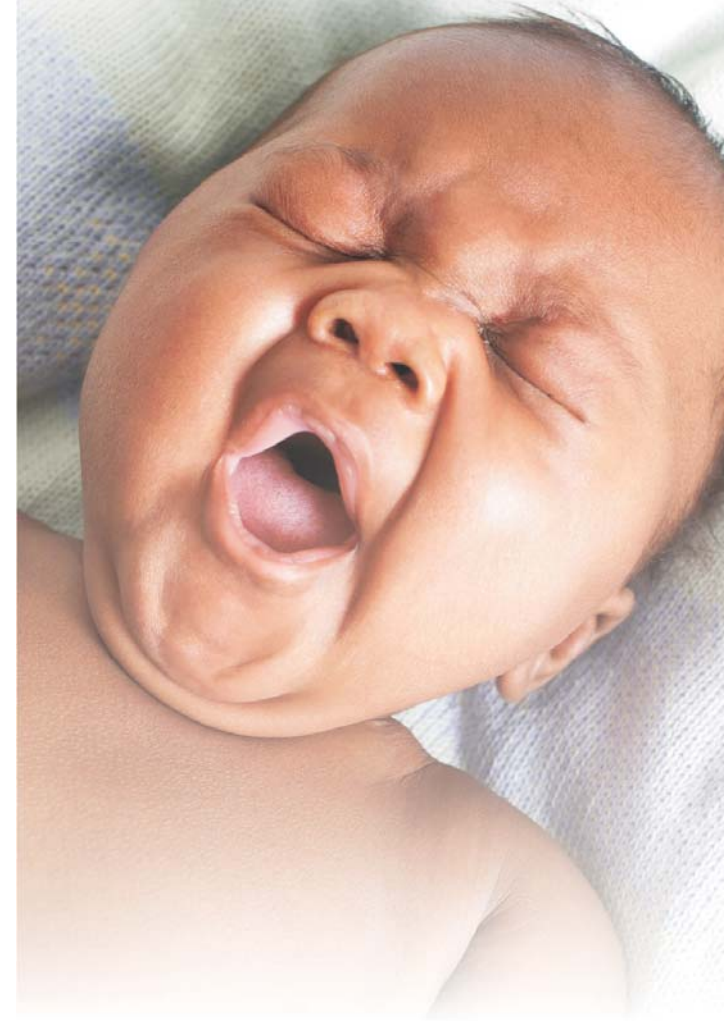
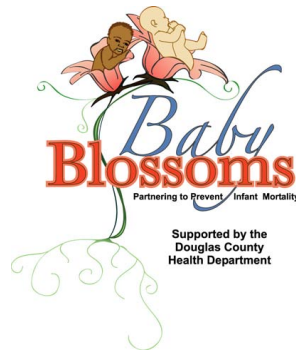
To reduce the risk of suffocation and SIDS...

Before and during pregnancy:

- Quit smoking
- Avoid drugs/alcohol
- See your health care provider early & regularly

Once your baby arrives:

- Use a safe sleep place
- Breastfeed your baby
- Keep baby in a smoke free place
- See your healthcare provider if your baby is sick
- Talk to your healthcare provider about a safe sleep place
- Offer a pacifier at sleep time once breastfeeding is well established.
- Playtime is tummy time.



**Nothin'
but Baby!**
Safe Sleep Tips

♥ Nothin' but Baby in the Crib!

Safe sleep tips for babies under one year old

A baby should only be placed on his **back to sleep**.



Baby should sleep in a **smoke free** place.



A baby should sleep in a **safety approved crib/baby bed** with a firm mattress and tightly fitted sheets. Wedges and bumper pads should not be used and can be dangerous.



Use **sleep clothing** rather than blankets. **Keep baby from overheating.**



When your baby falls asleep, particularly when feeding, the **safest place to sleep is in a crib in your room.**



Your baby should sleep on her **back, in a crib, near you.** Adult beds, waterbeds, sofas, soft mattresses, and pillows are unsafe.