

# babysafe sleep coalition

A program of Jewish Family Services

Always follow the ABC's of safe sleep:  
**A-Alone B-Back C-Crib**



## SAFE SLEEP GUIDELINES

We have learned more about keeping babies safe and want everyone to know. The major cause of **PREVENTABLE** deaths in babies under the age of one is suffocation... healthy babies die every day!

**SAFE SLEEP—EVERY PLACE, EVERY TIME. SAFE SLEEP AT BEDTIME AND NAP TIME.**

Please take care of yourself so you can best take care of your baby. It's okay to ask for help because your baby needs **YOU** to keep him/her safe—**even when sleeping!**

**YOUR BABY CAN NOT CHOOSE. YOU CHOOSE.**

Choosing to follow these guidelines will keep your baby from dying of suffocation...and make sure everyone who cares for your baby follows these guidelines.

— Flip over for more safe sleep!

- A baby should sleep in the same room as an adult but **ALONE** on his/her **BACK** in their own **CRIB (A,B,C)** with no blankets, pillows, bumpers, toys...every time every place...nap and night time. Your baby should never sleep with anyone or anything: adults, children or pets.
- The only thing in baby's crib should be a firm mattress with a tight fitted sheet. Older cribs may not be safe, and make sure there is nothing broken or missing on a crib.
- Your baby should **never** be put to sleep on a couch or a chair or an adult/child bed. Positioners, monitors or other similar devices are not needed or recommended.
- Car seats for babies are required by law for riding in cars but are not safe for nap or night time sleeping.
- Your baby does not need a blanket! Just a sleep sack or a sleeper is all! You do not want your baby or the room too warm.
- Keep your baby away from situations involving alcohol, drugs or cigarette smoke.

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*coalition*

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Your baby needs YOU to take care of him/her. There are moments it can be really hard to take care of a baby. Follow these guidelines. Keep your baby safe and healthy.

Help is nearby. Call (585) 473-SAFE (7233) or email [info@babysafesleep.org](mailto:info@babysafesleep.org) for information on safe sleep practices for your baby. Visit [babysafesleep.org](http://babysafesleep.org) for safe sleep tips, resources and videos for you and your baby. Scroll to the bottom of the site and enter your name and email for a chance to win a prize!