



Did you know that many infant deaths are caused by suffocation?

Healthy babies are dying because they sleep in unsafe conditions and suffocate. An average of **10 babies a year** die in Monroe County in unsafe sleep conditions. The numbers make it the leading cause of preventable death for healthy infants.

Always follow the ABC's of safe sleep:

A-Along B-Back C-Crib

**Deaths due to unsafe sleep conditions
are preventable every time!**

Call (585) 319-7446 or email info@babysafesleep.org
for information on safe sleep practices for your baby.

Visit babysafesleep.org for safe sleep tips, resources
and videos for you and your baby.

– Flip for more safe sleep!

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 tips. Keep your baby safe and healthy.

- 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



OUR MISSION

BSSC believes that every baby is loved, cherished, and deserves a chance at a happy, healthy life. We work to save babies from preventable deaths due to unsafe sleep conditions by providing education, community advocacy, and resources to those who care for infants.