



An average of 10 babies die every year in Monroe County before they can celebrate their first birthday due to unsafe sleep conditions.

The major cause of **PREVENTABLE** deaths in babies under the age of one is suffocation. Healthy babies die every day.

Always follow the ABC's of safe sleep:

A-Along **B-Back** **C-Crib**





CONTACT US

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

STAY ENGAGED WITH US

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

BECOME AN AMBASSADOR TODAY!

Commit to sharing the Safe Sleep Message with at least three other people in your day-to-day life to promote the health, safety, and well-being of infants. Once you pass the quiz at the end of the training, you will be awarded a certificate.