

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



SAFE SLEEP GUIDELINES & TIPS

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.

Stay up-to-date on all required immunizations for your baby.

Offer your baby a pacifier at nap time and bedtime.

Take care of yourself and your baby—eat well and see a doctor regularly.

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 and tips. Keep your baby safe and healthy.

Help is nearby. 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.