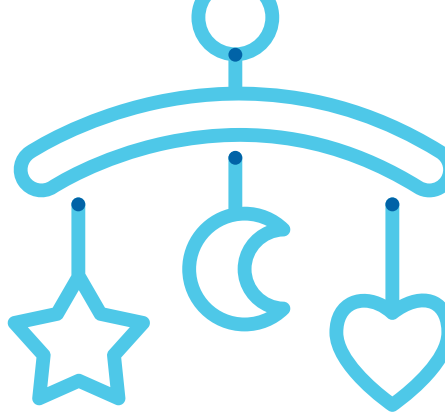


A crib is the safest place for babies 1 year old and younger.

Remember the ABCs of ZZZs:



- **A**lone
- On their **b**ack
- In a **c**rib



Keep your baby safe from suffocation:

- Stay close to baby by sharing a room but not sharing a bed.
- Baby should sleep separate, in a crib, pack and play or other safety approved sleeping device.
- Remove toys, blankets, pillows and bumper pads from the crib.
- Keep baby warm with a sleep sack or footed pajamas instead of swaddling with blankets.
- Your baby should sleep on their back until they're strong enough to roll over on their own.
- Use a firm mattress with a tight-fitted sheet.
- Baby shouldn't sleep with you or anyone else on a bed, couch or in a chair.
- Car seats and infant carriers aren't recommended for routine sleep.

Reasons why

- Exhausted caregivers could accidentally roll on a sleeping baby without even knowing.
- Extra items around sleeping babies can cause accidental suffocation.
- Placing baby on their back helps keep their airway open for breathing

* Always follow your pediatrician's guidance when discussing safe sleep habits



In the U.S., nine babies die each day from sleep-related issues, including unintentional suffocation in unsafe sleeping environments.

Source: Centers for Disease Control and Prevention



Find infant sleep tips.

Sweet dreams, little one

**Keeping your baby safe
during sleep**

safebabysleep.org

