

Facing Up To S.I.D.S.

Babies should always be placed on their backs to sleep.



Follow these safe sleep suggestions for night time and naps.

ALWAYS PUT BABY TO SLEEP TO SLEEP ALONE AND IN A CRIB

- ★ Do not put bumper pads, blankets, pillows, sleep position wedges, stuffed toys, or any other items in baby's crib.
- ★ Blanket less sleep is best. Sleepers and wearable blankets are safe alternatives to a loose blanket.
- ★ Never put baby to sleep in an adult bed or on the couch.
- ★ Babies should never sleep with other people or babies. Even twins should sleep in separate cribs.
- ★ Crib should have a firm mattress with a tight-fitting sheet.

ALWAYS PUT BABY TO SLEEP ON HIS OR HER BACK

- ★ No tummy or side sleeping.
- ★ Do not allow baby to sleep lying on your chest – this is tummy sleeping also.



DO NOT OVERHEAT BABY

- ★ Keep baby's room temperature in a range comfortable for a lightly clothed adult. (68° to 75° F)
- ★ Use a wearable blanket without sleeves. Make sure it is made of a fabric that isn't too heavy for the climate you live in.