quit smoking

Don't smoke before or after the birth of your baby and don't allow others to smoke around your baby.

room temperature

Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

no soft surfaces

Babies should not be placed to sleep on waterbeds, sofas, or other soft surfaces.

tummy time

Provide "Tummy Time" when your baby is awake and supervised.

use a pacifier

Breastfeeding is best. After breastfeeding is established, offer your baby a clean, dry pacifier during sleep.

vaccinate

Make sure your baby gets regular check-ups and immunizations.

why?

it's for the babies!

What does a safe sleep environment look like?

Cribs for Kids®
Helping every baby sleep safer

For more information on safe sleep for babies go to: **www.cribsforkids.org**
facebook.com/CribsforKidsHeadquarters

Helping every baby sleep safer

Cribs for Kids®
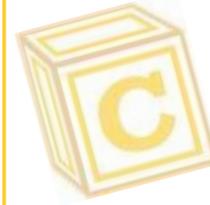Helping every baby sleep safer

A — alone

Keep your baby's sleep area close but separate from where others sleep. Share your room, not your bed. Your baby should not sleep with others in a bed, on a couch, or in a chair.

B — back is best

Your baby should be placed to sleep on his or her back in a safety-approved crib on a firm mattress every time during naps and at nighttime.

C — crib in an uncluttered

Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers, wedges, and pillows from your baby's crib.

it's easy as A, B, C

1 — cause of death

Sleep-related deaths, such as accidental suffocation, asphyxia, or undetermined causes during sleep, are the leading causes of death in babies 1 to 12 months of age.

2 — months of age

Babies who are 2 to 4 months of age are at the highest risk for sleep-related deaths, such as accidental suffocation and SIDS.

3 — tell people

Share the A, B, C, 1, 2, 3s with at least 3 people. Education is key to keeping babies safe.