



Safe Sleeping is as Easy as ABC!

A

Alone

Your baby should sleep alone in a crib — NOT in an adult bed, on a couch or on a chair.

B

Back

Always place your baby on his or her back to sleep.

C

Crib

- Cover your baby's crib mattress with a fitted sheet to reduce the risk of SIDS and other sleep-related causes of death.
- Keep your baby's crib in the same room where you sleep.
- Keep pillows, stuffed animals, toys, bumper padding and other items out of the crib.
- Don't use car seats, swings or strollers to put your baby to sleep.