

# 5 Simple Steps to make your baby Safe to Sleep

## A Guide for Parents & Caregivers

**Step 1.** Place your baby on his or her back to sleep alone, for naps and night time, to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Share this important information with everyone who cares for your baby.

**Step 2.** Place your baby in a safety-approved crib, bassinet or portable play area with a firm sleep surface and fitted sheet.

Do NOT place your baby to sleep on an adult bed or other soft mattress, waterbed, sofa, chair, beanbag, pillow, cushion or other soft surface.

**Step 3.** Remove all soft objects, toys, blankets, bumper pads and pillows from the sleep area.

Safe sleep practices will help prevent suffocation and strangulation.



# Safe to Sleep is as simple as ABC.

Babies should sleep... **A**LONE,  
on their **B**ACKS,  
in a **C**RIB.

Step **4.** Dress your baby in a sleeper or sleep sack instead of using a blanket or other covering.

Do not let your baby overheat during sleep.

Step **5.** Put your baby to sleep alone in a crib or bassinet, but in the same room where you sleep. Bed sharing is dangerous.

Your baby may be brought into bed for nursing, but should be returned to his or her own sleep area when finished.

## Good to Know



As a parent or caregiver, it is important to be sure your baby's sleep environment is a safe one.

### Smoking

Do not smoke or allow smoking around your baby. Secondhand smoke puts babies at greater risk for SIDS.

### Tummy Time

While babies should always be placed on their back to sleep, they need to be put on their stomach to play in the presence of an adult. Tummy time strengthens muscles important to baby's development.



6/2013 #674



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