

5 Simple Steps to make your baby Safe to Sleep

Steps

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).
2. Place your baby in a safety-approved crib, bassinet or portable play area with a firm sleep surface and fitted sheet.
3. Remove all soft objects, toys, blankets, bumper pads and pillows from the sleep area.
4. Dress your baby in a sleeper or sleep sack instead of using a blanket or other covering.
5. Put your baby to sleep alone in a crib or bassinet, but in the same room where you sleep. Bed sharing is dangerous.

Safe to Sleep is as simple as **ABC**.

Babies should sleep... **A**LONG,

on their **B**ACKS,

in a **C**RIB.



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