

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.

It's as simple
as ABC.

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

