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).

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

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

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

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.