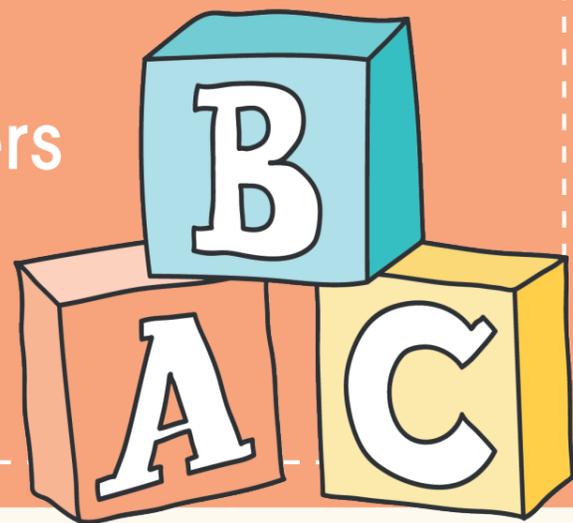




Infant Safe Sleep

A Guide for Parents & Caregivers

Know the ABCs of Safe Sleep.
Babies sleep safest
Alone, on their Backs, in a Crib.



Practice the American Academy of Pediatrics (AAP) recommendations to help prevent sleep related death or injury, such as suffocation, entrapment and strangulation.

Up to age one, always place your baby on his or her back to sleep alone for night time, nap time and every time.

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

Your baby should sleep in the same room where you sleep, but alone in a separate safe sleep area.

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

Breastfeeding is recommended.

Avoid smoke exposure, alcohol and illicit drug use during pregnancy and after birth.

Avoid overheating and head covering.

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



Children's Trust Fund

Missouri's Foundation For Child Abuse Prevention

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