

Safe Sleep

Use these tips to keep your baby safe while they sleep.

Do:

- Put baby to sleep on their back
- Put baby in a warm 1 piece to sleep
- Put baby to sleep in an empty crib
- Put crib in the room where you sleep so you can watch them
- Move baby into crib if they fall asleep somewhere else
- Put your baby in their crib at night and for naps
- Breastfeed your baby
- Make sure your baby gets all of their shots

Don't:

- Put baby to sleep on their belly or side
- Put blankets, pillows or toys in the crib
- Put baby in your bed or on a sofa
- Smoke in your home or near your baby
- Let other adults or children sleep in the same crib as your baby



Remember the ABCs of Safe Sleep:

Have your baby sleep...

Alone - alone in crib with nobody and nothing else

Back - on their back, not on their belly or side

Crib - in a crib, not in your bed or on a sofa

Talk to your CHN health educator or provider if you have more questions!