

Sleep Safely Checklist



**THERE ARE A MILLION WAYS TO RAISE BABIES BUT
ONLY ONE WAY TO LAY THEM
DOWN TO SLEEP SAFELY**

**PROTECT YOUR BABY FROM SUFFOCATION
EVERY NIGHT AND EVERY NAP**



FOLLOW SAFE SLEEP ABCs: ALONE, BACK, CRIB

- Always put babies to sleep alone on their back in an empty crib, bassinet or Pack 'n Play.
- Remove all items from crib (blankets, pillows, stuffed animals, bumpers, etc.) – use only a firm mattress with tight-fitting sheet.
- Use a one-piece sleeper or sleep sack to keep baby warm.

SHARE A ROOM, NOT A BED

- Room-sharing offers benefit of having baby close without risks, so bring crib into parent's room.
- Never put baby to sleep on soft surfaces like adult beds, couches, futons, recliners, air mattresses, etc.



STAY ALERT WHILE FEEDING BABY

- Set an alarm and always return baby to crib after feeding.
- Breastfeed if possible – it's best for baby's protection.
- Do not smoke or allow others to smoke around baby, and avoid misuse of alcohol or drugs.

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