

Safe Sleep

Getting babies to sleep well can be a challenge, but using safe steps mean that everyone can rest easy!

Cribs should contain only a fitted sheet and the baby.

Babies need to be on their back for all naps.



Pacifiers are great! (but should not be on a string.)

Sleep sacks are the safe way to keep baby warm.



Scan , click, or visit bit.ly/3MUCBBo to learn how to keep babies safe!

Unsafe Sleep

Only baby and a pacifier should be in the crib!

Loose blankets can suffocate a baby



Babies can suffocate on soft mattresses

Tummy sleeping makes it harder for baby to get fresh air

Babies are very vulnerable during sleep. Even a light blanket or a stuffed animal near their face can make it hard for a baby to breathe. Babies should always sleep **on their backs** and **alone** on **firm, flat surfaces** with **NO soft objects in their bed**. Infants should **never** sleep in car seats, swings, or on couches/armchairs.