

ABC'S of Safe Sleep for Baby



Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Suffocation

The American Academy of Pediatrics says baby is safest sleeping **Alone on Back in a Crib**

Baby should always sleep alone
in a crib

- Never with adults,
no siblings or pets in crib

- No blankets, pillows,
bumpers or toys

- Dress baby in one more layer of
clothing than you

Always place baby on
his or her back

- No sleeping on tummy or sides

- Tummy time is for
supervised play time

- No pillows or wedges
in crib

Baby should sleep in a safe and
separate crib or bassinet

- Use tightly fitted sheets with
no blankets

- Never allow baby
to sleep on a couch

- No futons, chairs or waterbeds