

Keeping babies safe while sleeping is as easy as ABC:

Alone: Nothing in the crib but baby and a fitted sheet.

Back: Always place baby on their back for naps or bedtime.

Crib: Bedsharing is not safe, babies need their own crib.



Roughly 80 Pennsylvania babies die each year from sleep related deaths. **That's 4 kindergarten classes that will never be.** Make sure your baby is placed safely to sleep for **EVERY** sleep.

Visit us online at PASafeSleep.org

The Safe Sleep Guidelines

Follow these 8 steps to keep your baby safe and healthy.*



PASafeSleep

- 1. Put your baby flat on their back to sleep until their first birthday.**
- 2. A baby should sleep in the same room as an adult, but in their own separate crib.** Never put your baby to sleep on a couch, chair, waterbed, or other soft space.
- 3. Don't put crib bumpers, blankets, pillows, or toys in your baby's crib.**
- 4. The only thing in baby's crib should be a firm, flat mattress & fitted sheet.**
- 5. Never put your baby to sleep in a crib made more than 10 years ago or with missing or broken parts.**
- 6. Don't make the room your baby sleeps in too hot.** Avoid hats indoors, and dress your baby in no more than one layer more than you are wearing. Sleep clothing is safer than blankets. Do not place weighted clothing or weighted blankets on your baby.
- 7. Always put your baby back in their crib after feeding.****
- 8. Keep your baby away from smoke, alcohol, marijuana, opioids, and illicit drug use.**

*Recommended by the American Academy of Pediatrics (AAP)

**Human milk feeding has been shown to reduce the risk of SIDS.



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