

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.
Teach these tips to other people who take care of your baby!*



- 1.** Put your baby 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.
- 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 mattress & fitted sheet.
- 5.** Never put your baby to sleep in a crib made more than 10 years ago or that has missing or broken parts.
- 6.** Don't make the room your baby sleeps in too hot.
- 7.** Always put your baby on their back in their crib after feeding.*
- 8.** Keep your baby away from smoke, alcohol & illegal drugs.

*Breastfeeding has been shown to reduce the risk of SIDS.



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