



Always place baby **alone** on their **back** in a **crib**.

# The **A****B****C**s of safe sleep:



**Nothing in  
the crib but  
baby and a  
fitted sheet.**

**Always place  
baby on their  
back for naps  
or bedtime.**

**Bedsharing  
is not safe,  
babies need  
their own  
crib.**

This project is funded, in part, under a contract with the Pennsylvania Department of Health in collaboration with Penn Medicine and Maternity Care Coalition:



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For babies to sleep safely, they must sleep

# Alone:

A baby should sleep in the same room as an adult, but in their own crib, with nothing but a fitted sheet.



**Adults  
should never  
share a bed  
with a baby**

**No  
Bumpers**

**No Stuffed  
Animals**

**No  
Blankets**

**Never forget the ABCs of Safe Sleep:**

**A**lone **B**ack **C**rib

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For babies to sleep safely, they must sleep on their

# Back:

A baby should be put to sleep on their back for naps and bedtime until they reach their first birthday.



**Place your  
baby on  
their back  
to sleep**

**Put baby  
'back' to  
sleep after  
feeding**

**Babies need  
awake tummy  
time every day  
with an adult**

**Never forget the ABCs of Safe Sleep:**

**A**lone **B**ack **C**rib

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For babies to sleep safely, they must sleep in their own

# Crib:

Bedsharing is NOT safe.  
A baby should sleep  
in the same room as a  
guardian, but in their  
own crib, bassinet or  
play yard.



**A baby  
should only  
sleep in a crib:  
no couches or  
chairs**

**Don't let  
the room get  
too hot**

**Only use a  
fitted sheet  
in the crib**

**No missing  
or broken  
pieces**

**Never forget the ABCs of Safe Sleep:**

**A**lone **B**ack **C**rib

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