

The **A B C**'s of **Safe Sleep for Babies**

*To keep your baby safe during sleep, remember your ABC's.
Baby sleeps Alone, on their Back, in a Crib or bassinet.*



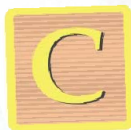
A is for Alone

- Put baby to sleep alone.
- Don't put baby to bed with other children or adults.
 - They could smother baby by accident.
- No soft toys, bedding (blankets/quilts), pillows, bumper pads in sleep area.
 - These could cover baby's face and smother him.
 - Heavy blankets or quilts may overheat baby.
- A blanket sleeper or sleep sack will keep a baby comfortable.
 - Be sure to use the right size for your baby's safety.
 - Don't use after baby starts rolling over.



B is for Back

- Put babies to sleep on their backs.
 - Babies who sleep on their backs are much less likely to die in their sleep.
 - "Back to sleep" will not increase a baby's risk of choking because baby's airway (breathing tube) is above the esophagus (throat) which lessens the risk of baby choking when on their back.
- Tell all caregivers that "back to sleep" is the safest sleep position.



C is for Crib

- Crib and bassinets are the safest places for babies to sleep.
- Mattresses should be firm and fit snug in the crib or bassinet.
 - Baby could become trapped in the space between the mattress and the crib.
- To make night time feedings easy, keep a crib or bassinet next to your bed and return baby to it if you become sleepy.
 - Sleeping in bed or on the couch with your baby can cause baby to become trapped and/or smothered.



For more information on safe sleep, visit:

healthychildcare.org/pdf/SIDSparentsafesleep.pdf | marchofdimes.org/baby/safe-sleep-for-your-baby.aspx | firstcandle.org/new-moms-dads/bedtime-basics-for-babies