

FIVE STEPS FOR SAFE SLEEP

1

ABC'S OF SAFE SLEEP

Always sleep your baby
A lone
B ack
C rib



BARE BEDSPACE

No bumpers,
stuffed animals,
blankets, extra
bedding *this
includes mess
bumpers

2



3

COOL AND COMFORTABLE

Keep it cool and
comfy hats,
mittens, and extra
clothing are not
necessary



4

SUPERVISE

Always supervise
babies in swings,
carriers, car seats,
and strollers. If
they fall asleep
they should be
transferred to a
crib

5

CIRCULATE

It's becoming
more evident that
fans and
circulation in the
room can help
decrease SIDS

