

SAFE SLEEP CHECKLIST

@MAKTOSLEEP

REMEMBER A B C FOR EVERY SLEEP

A LONE

B ACK

C RIB

USE A FIRM SAFETY APPROVED
SLEEPING SURFACE

NO SOFT OBJECTS SUCH AS BLANKETS
PILLOWS OR STUFFED ANIMALS - THIS
INCLUDES MESH BUMPERS

NO SWADDLING AFTER BABY STARTS
TO SHOW SIGNS OF ROLLING

BREASTFEED IF POSSIBLE

USE OF A PACIFIER IS ENCOURAGED