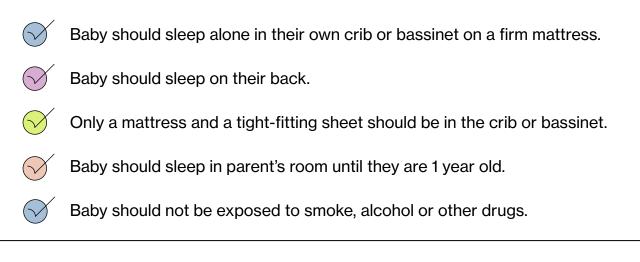


Safe Sleeping

Tips for getting your baby sleeping safely and soundly.



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- \checkmark Baby should not sleep in bed with parents or other caregivers.
- Baby should not sleep with stuffed animals, pillows, blankets, bumper guards, toys, other babies or children.

Safe Sleeping FAQ

Where should the baby sleep?

In a crib or bassinette inside the parent's room, but not in the parent's bed.

What should be inside the crib?

The only thing inside the crib should be a tight fitted sheet and a firm mattress. No other babies, no stuffed animals, no pillows, no blankets, no bumper guards.

How should I put the baby in there? Babies need to sleep on their backs.

Can the baby sleep on their stomach? No.

Can I put my baby on a couch for a nap? No. Soft surfaces like couches and pillows can create air pockets that may suffocate the baby, increasing chance of infant death.

Learn more about Safe Sleeping from the American Academy of Pediatrics at: aap.org



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