










# Safe Sleeping

Tips for getting your baby sleeping safely and soundly.



-  Baby should sleep alone in their own crib or bassinet on a firm mattress.
-  Baby should sleep on their back.
-  Only a mattress and a tight-fitting sheet should be in the crib or bassinet.
-  Baby should sleep in parent's room until they are 1 year old.
-  Baby should not be exposed to smoke, alcohol or other drugs.

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-  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.

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## *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](http://aap.org)*