

Baby Safe Sleep Zone



Get Your Baby into a Safe Sleep Zone

- ✓ Place baby to sleep on a firm sleep surface, such as a safety approved crib with a firm mattress & tight-fitted sheet.
- ✓ Place baby on his back to sleep—for naptime and bedtime.
- ✓ Place nothing but baby in the crib—no loose items such as toys, pillows, blankets, etc. in crib with your baby.
- ✓ Never allow your baby to sleep on soft surfaces such as adult beds, sofas, chairs, water beds, and pillows.
- ✓ Never allow any one to sleep with your baby. When your baby falls asleep while feeding, place him in his own crib, near you.
- ✓ Never allow any type of smoking around baby.
- ✓ Tell everyone who cares for your baby about your plan on creating a Safe Sleep Zone for your baby.