

Always follow the

ABCs

of Safe Sleep



Your baby should sleep

A

Alone

On their

B

Back

In a safe

C

Crib

For every sleep.

How to create a safe sleep environment for your baby:



Share the room, not the bed.

Your baby should always sleep alone and in a crib. Your baby shouldn't sleep with you in a bed, on a couch, or in a chair.



Babies shouldn't sleep on their bellies.

Always place your baby on its back for naps and to sleep at night.



Don't put anything in the crib.

Keep the crib empty. Don't put pillows, blankets, bumper pads, stuffed animals, or other soft toys in the crib with your baby.



It isn't safe for babies to sleep on soft surfaces.

Always put your baby to sleep on a firm sleep surface. A safety-approved crib with a firm mattress and fitted sheet is best.



No smoking.

Do not smoke or let anyone smoke around your baby.



Follow the ABCs of safe sleep.

Your baby should sleep **alone**, on its **back**, and in an empty **crib**.