

# IS YOUR BABY SLEEPING SAFELY?



- 1 SHARE A ROOM, NOT A BED**
- 2 LAY BABY DOWN TO SLEEP IN A CRIB OR BASSINET WITH A FIRM SLEEP SURFACE AND A FITTED SHEET**
- 3 PLACE BABIES ON THEIR BACK EVERY TIME - AT NIGHT AND FOR NAPS**
- 4 GIVE BABIES SPACE TO BREATHE - NO PILLOWS, BUMPERS, BLANKETS OR TOYS**
- 5 DRESS BABY IN A SLEEPER INSTEAD OF COVERING WITH A BLANKET**

**EVERY BABY. EVERY SLEEP.**