

# 7 Steps to safe sleep for your baby

Take these  
7 steps to lower  
the risk of  
Sudden Infant  
Death



You'll both sleep  
better!

[www.infantandchildloss.org](http://www.infantandchildloss.org)

**800-808-7437**

1. Follow the ABCs of safe sleep; Alone, on her Back and in a Crib.
2. Use a tight fitted crib sheet over a firm mattress.
3. Make sure there are no pillows, blankets, bumper pads, or stuffed toys in the crib. Sleeper sacks are safer and keep babies warm. Keep baby's face and head uncovered.
4. Make sure your baby does not get hot. Don't overdress your baby.
5. Use a clean, dry pacifier when placing baby to sleep (up to 12 months of age).
6. Breastfeed your baby. It reduces the risk of sudden infant death.
7. Don't smoke or allow others to smoke around baby.

  
Center for Infant & Child Loss

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