




Center for Infant & Child Loss

 Like us on facebook:
www.facebook.com/CenterforInfantandChildLoss



Department of Pediatrics, Division of Neonatology
737 W. Lombard St., Room 233, Baltimore, MD 21201
800-808-7437 or 410-706-5062 FAX 410-706-0146
www.infantandchildloss.org



Gina Marie Lazzareschi Photography

Follow the ABCs
of Safe Sleep
Alone. Back. Crib.

No Exceptions

For more information call,
800-808-7437

**Keep Your Baby
Safe and Healthy!**

*Follow the tips in this brochure
to help your baby grow and stay
healthy and happy!*

Your baby has finally arrived. *Congratulations!*

Make *sleep* time *safe* time

Always put your baby **alone, on his back** and in a **crib**.

The safest place for baby to sleep is by himself in a crib, bassinet or a pack n' play for nighttime and naps. Placing baby on his back reduces the risk of sudden infant death.

Keep baby's crib free from pillows, blankets, bumper pads, foam wedges and stuffed toys.

Soft surfaces can lead to suffocation. Make sure your baby's head stays uncovered.

Use a firm mattress that fits tightly into the crib.

This way your baby won't get trapped between the mattress and the side of the crib.

Use a clean, dry pacifier when placing baby to sleep (up to 12 months).

If you are breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.

Breastfeed your baby.

It helps your baby to be healthy and reduces the risk for sudden infant death.



Give your baby 'tummy time' while he's awake and you are supervising. It will help him strengthen the muscles in his neck and shoulders for when he learns to turn over.

Dress your baby in a sleeper sack to keep him warm.

Pediatricians recommend them instead of blankets. Too many covers can cause overheating.

When you travel, be sure baby has a safe place to sleep.

Create a smoke free zone around your baby

Smoking can increase the risk of sudden infant death and respiratory problems.

