

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
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1. Always remember the **ABCDs** of safe sleep by placing your baby, **Alone** on their **Back**, in a **Crib** and remember, **Don't** smoke around your baby.
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.
4. Sleeper sacks are safer and keep babies warm. Keep baby's face and head uncovered.
5. Make sure your baby does not get hot. Don't overdress your baby.
6. Use a clean, dry pacifier when placing baby to sleep (up to 12 months of age).
7. Breastfeed your baby. It reduces the risk of sudden infant death.


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