



Keeping your baby safe while sleeping is very important.

Healthy infants can die if they are in an unsafe sleep environment. Help your baby to sleep safely by ensuring the following for every sleep time:

- The baby is on their own separate sleep surface, such as a crib or bassinet.
- The baby is lying on their back.
- The sleep surface is flat.
- There is nothing loose or soft in the crib or bassinet (bibs, face cloths, stuffed toys, pillows).
- If the baby is swaddled, it is with a lightweight blanket below the shoulders.



For a complete guide as well as updated information on safe sleep for your baby, please visit: <https://safetosleep.nichd.nih.gov/>