

Safe Sleep for Your Baby at Nap Time, Night Time, Every Time!

Reduce the risk of Sleep-Related causes of Infant Death with these simple tips.



Baby sleeps in a crib, bassinet, or a portable pack n play, never a couch, adult bed, or a chair.



Baby is alone in the crib - no pillows, blankets, soft objects, or other people.



Baby sleeps alone on his or her back in the crib.



Baby's crib is in the same room next to where mom sleeps.



Baby sleeps in comfortable sleepwear, not bundled in blankets.



Baby is not exposed to smoke EVER.

For more information about Safe Sleep, please contact us:



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