

BABY SAFE SLEEP GUIDELINES



1 PLACE BABY ON THEIR BACK

always place baby on their back for every sleep, including naps and nighttime.

2 USE A FIRM MATTRESS

Ensure the crib mattress is firm, with no soft bedding, pillows, or stuffed animals.

3 KEEP BABY'S SLEEP AREA CLEAR

Avoid blankets, bumpers, or any items that could cause suffocation.

4 ROOM-SHARING IS BEST

keep your baby's crib or bassinet in your room for at least the first 6 months.

