


I am ready for the **ABCs**
of Safe Sleep


Alone
Back
Crib

*To prevent suffocation, babies should be **ALONGE**, on their **BACK** and in a safe, clutter free **CRIB** for EVERY sleep: on a firm mattress with no loose bedding, no toys, no positioning tools*



Prevent suffocation while your baby sleeps


In addition to sleeping Alone, on their Back and in a clutter free Crib, other ways to prevent suffocation and ensure a safe sleep environment include:

- Avoid overheating: remove hats and dress infant in just 1 more layer than you need to be comfortable*
 - Do not smoke or allow smoking around your baby*
 - Offering a pacifier at nap time and bedtime (once breastfeeding established)*
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I am not quite ready for
my **ABCs**

Alone
Back
Crib

*Your nurse and medical team will
discuss with you the safest sleep
environment for your newborn*



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