A Safe Night’s Sleep

SAFE Sleep Habits

- Baby is sleeping alone, not with other people (Room share- don’t bed share)
- Baby sleeps in a crib, bassinet, or other sleep-approved furniture
- Baby is put "Back to Sleep"
- No soft bedding such as pillows and blankets
- No crib bumpers or sleep positioners

UNSAFE Sleep Habits

- Baby is lying on his/her side or stomach
- Pillows, blankets, or stuffed animals are in the crib
- Mobiles or crib tents are over the crib
- A bottle is propped in baby’s mouth
- The crib isn't up to safety standards (wide gaps between crib slats and drop-side cribs are a NO)

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