

Follow the

A **B** **C**
of
Safe Sleep

from the

**SLEEPTIGHT
SHEEP!**

Every baby. Every sleep.

A
Alone

in a crib,
without toys,
blankets, or
pillows.

B
Back

on a firm sleep
surface such
as a crib or
bassinet.

C
Crib

is the
safest place
for baby
to sleep.



Baa!

Being a parent
can be so tiring!

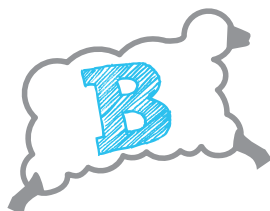
Follow the **ABCs**

Every baby. Every sleep.



Alone

It is safest for baby to sleep alone in a crib without toys, blankets, pillows, or anything soft.



Back

Place baby on his or her back on a firm sleep surface such as a crib or bassinet.



Crib

A crib or bassinet is the safest place for baby to sleep. Share your room for baby's first 6 months to a year, but never share your sleep surface.

Safe Sleep Tips:

- Avoid smoking around baby. Smoke in the air or on clothes is dangerous for baby.
- Adult beds, couches, chairs, and car seats are not safe for baby to sleep.
- If you are tired while holding baby, place baby back in the crib.
- Breastfeed, if you are able.
- Offer baby a pacifier (without a string attached).
- Make sure everyone that cares for baby follows these safe sleep tips.

Find more information on safe sleep at:
sleeptighthamptonroads.org