

Division of Reproductive Health

Tips for Parents and Caregivers to Help Babies Sleep Safely

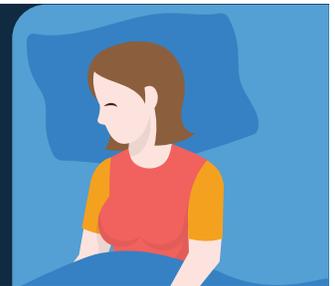


Place your baby on his or her back for all sleep times —naps and at night.



Use a firm sleep surface, such as a mattress in a safety-approved crib.

Have baby share your room, not your bed.



SAFE

Keep soft objects, such as pillows and loose bedding out of baby's sleep area.



UNSAFE



Do not allow smoking around your baby.

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