

What Does **Safe Sleep** Look Like?



- Always place your baby on his or her **back** to sleep for naps and at night.
- Use a firm sleep surface, such as a mattress in a safety approved* crib, pack and play, or bassinet.
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Make sure nothing covers your baby's head.

**For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>*

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