

Baby's Safe Sleep Environment



- 1 Always put baby on back.
- 2 Baby in a sleep sack or light clothing.
- 3 Baby sleeps alone in an empty crib.
- 4 Firm crib mattress.
- 5 Crib next to caregiver's bed for first 6 months.
- 6 Substance-free environment for baby.
- 7 Breastfeeding is best.



For more information
and resources:

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