

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 your baby
to sleep.



 Children's Hospital
of The King's Daughters

Baa!

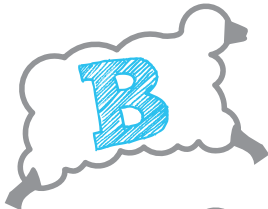
Being a parent
can be so tiring!

Follow the **ABCs** Every baby. Every sleep.



Alone

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



Back

Place your 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 your baby to sleep. Share a room with your baby for the first six months to a year. Never share your sleep surface.

Safe Sleep Tips:

- Avoid smoking around your baby. Smoke in the air or on clothes is dangerous for your baby.
- Beds, couches, chairs, and car seats are not safe places for your baby to sleep.
- If you are tired while holding your baby, place him or her back in the crib.
- Breastfeed, if you are able.
- Offer your baby a pacifier (without a string attached).
- Avoid overheating your baby. Infants should be lightly dressed for sleep. Keep the room temperature at a comfortable degree for an adult who is wearing light clothing.
- Make sure everyone who cares for your baby follows these safe sleep tips.

Your child's pediatrician should be your primary source of advice about your child's health.

Find more information on safe sleep at:
SleepTightHamptonRoads.org