

The **A****B****C**'s of safe sleep:



Nothing in the crib but a baby and a fitted sheet.

Always place baby on their back for naps or bedtime.

Bedsharing is not safe, babies need their own crib.



Always place baby **alone** on their **back** in a **crib**.

Alone **B**ack **C**rib

For babies to sleep safely, they must sleep

ALONE:

A baby should sleep in the same room as an adult, but in their own crib, with nothing but a fitted sheet.



**Adults
should never
share a bed
with a baby**

**No
bumpers**

**No
blankets**

**No stuffed
animals**

Never forget the ABCs of Safe Sleep:

Alone Back Crib

For babies to sleep safely, they must sleep on their

BACK: A baby should be put to sleep on their back for naps and bedtime until they reach their first birthday.



Place your baby to sleep on their back

Once a day, babies need supervised tummy time

Place baby 'back' to sleep after feeding

Never forget the ABCs of Safe Sleep:

Alone **B**ack **C**rib

**For babies to sleep safely, they must sleep
in their own**

CRIB:

A baby should be put to sleep on their back for naps and bedtime until they reach their first birthday.

**Don't let the
room get too
hot**

**Only use a
fitted sheet
for the crib**

**No missing
or broken
pieces**

Never forget the ABCs of Safe Sleep:

Alone **B**ack **C**rib