

## BABY SLEEPS SAFEST



Alone. Back. Crib.



### **ALONE**

- ✓ Not with an adult, another child, or pets
- ✓ Not with pillows or stuffed toys
- ✓ Not with crib bumpers
- ✓ Room-sharing \* is recommended

### **ON THEIR BACK**

- ✓ Not on their side
- ✓ Not on their stomach

### **IN a CRIB** (or Bassinette)

- ✓ Not in an adult bed
- ✓ Not on a couch
- ✓ Not in a chair

\*The American Academy of Pediatrics recommends having the infant sleep in the same room as the parent (s) on a separate sleep surface (crib or other similar surface). Evidence suggests that this arrangement decreases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50%