



Have everyone who cares for your baby follow these safe sleep rules.

Anyone who cares for your baby must know and follow all of these sleep rules. If they do not want to follow these rules, you should find someone else to care for your baby. Your baby's safety is your first priority.

The *ABCs* of Safe Sleep

I sleep safest  
*Alone* ♥ *ON my Back* ♥ *in a Crib*

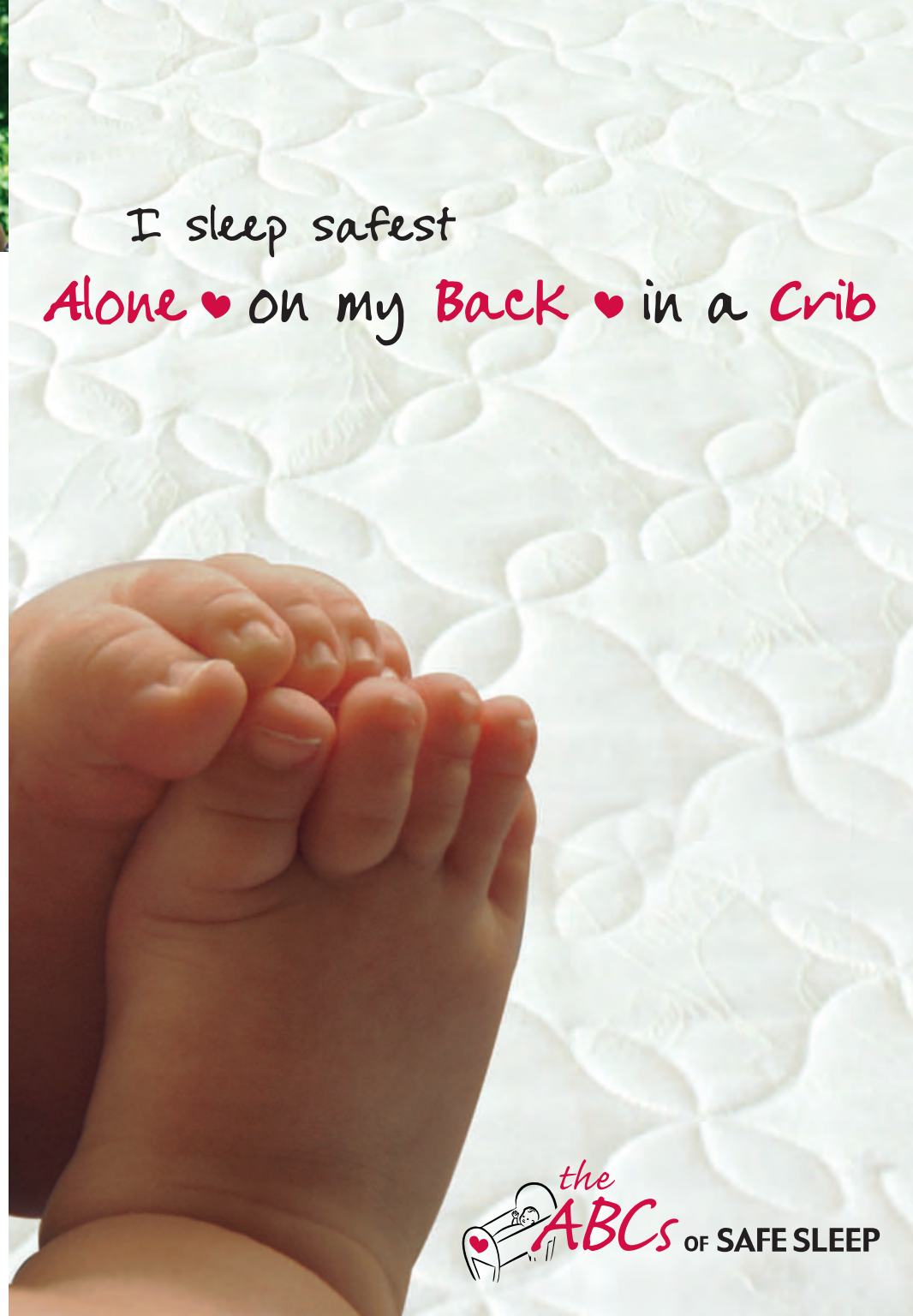
Experts agree that sleeping with your baby can be dangerous. If you choose to sleep with your baby, please use the safest sleep space possible.

More information about safe sleep is in the **Safe Sleep for your Baby** brochure.

You can find it at [www.phdmc.org](http://www.phdmc.org) or by calling **937-225-4981**.

There is no one sleep space that can guarantee a baby will be risk-free, but there are ways to reduce the risk.

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# The **ABCs** of Safe Sleep

Congratulations on your new baby!

We want you to keep your baby healthy and safe. Please follow safe sleep guidelines. Sadly, babies die each year in Montgomery County due to unsafe sleep practices. That is why we urge you to learn the ABCs of safe sleep:



Your baby should always sleep **ALONE**.

# A

Some Moms and Dads sleep with their babies in an adult bed. Or, they allow babies to sleep with other children or pets. This is not safe. Baby's mouth or nose can become covered, keeping the baby from breathing.



- Your baby should sleep alone in a safe, empty crib.
- Baby's caregiver should be nearby, in the same room, but not in the same bed.
- If your baby is in your bed to feed or comfort, put your baby in the crib for sleep.

# B

Your baby should always be on his or her **BACK** to sleep.

The safest position for babies to sleep is on their backs. (Your baby should always sleep on his or her back unless your doctor has instructed you otherwise for medical reasons.)

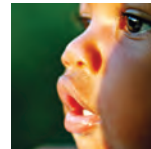


- Keep baby's room at 68 – 72 degrees. Not too warm. Not too cold.
- Have baby in a one-piece sleeper or sleep sack. Baby will stay warm and comfortable. No blankets needed.
- Keep the room smoke-free!

# C

Your baby should always sleep in a safe empty **CRIB** with a firm mattress.

A safe crib is the best place for your baby to sleep. It is not safe for a baby to sleep in an adult bed, on a couch, chair, bean bag, waterbed, featherbed, futon or recliner.



A safe crib has:

- A firm mattress that fits the headboard and footboard tightly with no gaps.
- A sheet and mattress that fit tightly.
- No corner posts or cutouts in the headboard or footboard.
- No missing slats. Also, slats are not more than 2 and 3/8 inches apart (about the width of a soda pop can).
- No pillows, bumper pads, quilts, lamb skins, blankets, or stuffed toys.