

# know the safe-sleep ABCs



your baby should sleep

## ALONE

**Adult beds are dangerous for babies.**

- Your baby can get trapped between the bed, wall, or bedframe, and be unable to breathe.
- They can suffocate when sleeping on soft surfaces, and smothered by blankets, comforters, and pillows.
- They can suffocate in bed when another child or adult rolls over or onto them.
- They can roll off the bed and be injured.

**Put them in a baby-safe bed or a crib beside your bed.**

**Your baby will know you're nearby.**

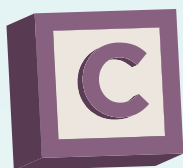


your baby should sleep on their

## BACK

**Reduce sudden infant death syndrome (SIDS) risks.**

- Put your baby to bed on their back. Make sure to instruct anyone caring for your baby about baby-safe places for sleeping and that they must put your baby to sleep on their back.
- Schedule regular infant health check-ups and immunizations.
- If you're able, breastfeed your baby. Breast milk is best because it has antibodies that protect your baby's health.
- Start tummy-time soon after your baby is born as part of their supervised daily play. Tummy-time helps your baby develop and grow stronger.



your baby should sleep in a

## CRIB

**Your baby is safest sleeping:**

- On a firm mattress in a baby-safe crib approved by the U.S. Consumer Product Safety Commission.
- On crib sheets that fit tightly over the mattress.
- With no loose blankets, quilts, sheets, or comforters.
- With no pillows, soft toys, stuffed animals, or bumpers.
- Dressed in a sleeper appropriate for the room's temperature. Don't let your baby get overheated. Keep the room temperature comfortable for a lightly-clothed adult.
- In a smoke-free home.



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