



**“BAD SLEEP HABITS
ARE A LEARNED
BEHAVIOR. SO ARE
GOOD ONES.”**

ANTOINE DOW

FATHER OF THREE | WITH ANTOINE JR.

The safest way for your baby to sleep is alone, on his or her back, in an empty crib. Babies can suffocate if they sleep with an adult or another child, or if they sleep with blankets or pillows. Tell everyone who takes care of your baby that you want your baby to

SLEEP SAFE—Alone. Back. Crib. No exceptions.



For more information, visit www.HealthyBabiesBaltimore.com
or visit us on Facebook at www.facebook.com/bmoreforhealthybabies

For tips & reminders: Text **BABY** to **25827** or visit HealthyBabiesBaltimore.com
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