

**SLEEP SAFE**  
**Alone. Back. Crib.**  
**NO EXCEPTIONS**

**A FATHER'S PROMISE**



[HealthyBabiesBaltimore.com](http://HealthyBabiesBaltimore.com)

## A FATHER'S PROMISE

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Everytime you share the message ALONE. BACK. CRIB. you're saving a life, keeping a child safe, and making your community a better place.

This video presents three fathers who are advocates of Safe Sleep and keeping their children safe. Help us spread the word by sharing their message with other fathers, your family and caregivers.

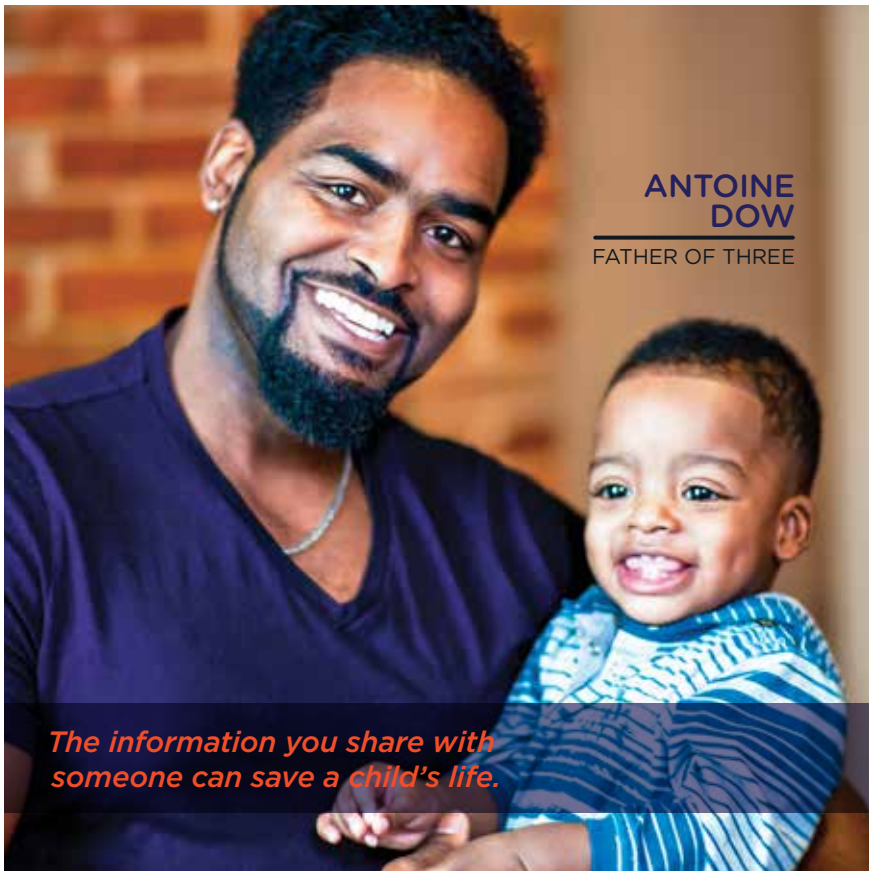
A portrait of Antonio Jefferson, a smiling man with a beard and short hair, wearing a dark blue polo shirt. He is seated in a well-lit room with a window and a lamp visible in the background.

**ANTONIO  
JEFFERSON**

FATHER OF FIVE

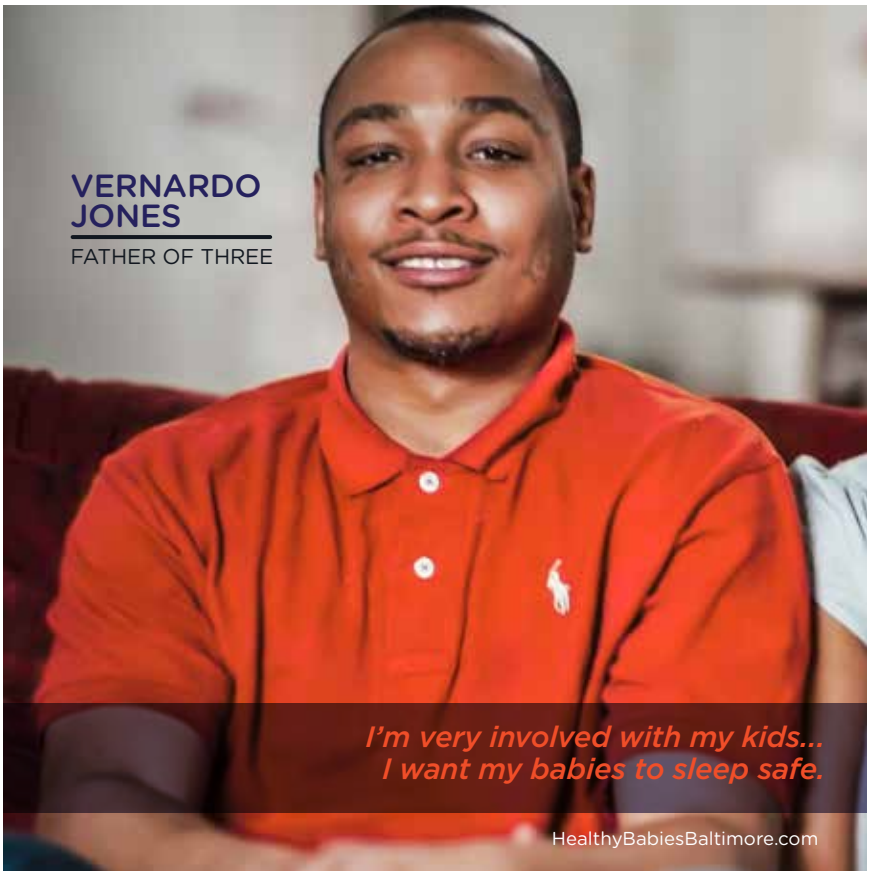
*Safe Sleep steps are so easy...once you know it, it's drilled into your head.*

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**ANTOINE  
DOW**  
FATHER OF THREE

*The information you share with  
someone can save a child's life.*



**VERNARDO  
JONES**  
FATHER OF THREE

*I'm very involved with my kids...  
I want my babies to sleep safe.*

# Always Remember:



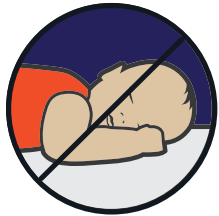
## Alone.

Most sleep related deaths occur when babies sleep with an adult or another child, or in an adult bed or on a sofa. Share your room with your baby, but not your bed.



## Crib.

Your baby's sleeping place should be clean and clear. No blankets, pillows, fluffy toys, stuffed animals, or crib bumpers. Just put a tight-fitting sheet on a firm mattress. Your baby can wear a sleeper if it is cold.



## Back.

The safest position for a baby to sleep is on his or her back. Babies are not more likely to choke while lying on their backs. In fact, they breathe better and are less likely to choke. When a baby is on its stomach, anything spit up can block the air pipe and cause choking or breathing problems.



## No Exceptions.

Your baby should ALWAYS sleep safe: Alone. On his or her back. In a crib. Every night. Every nap. It's just not worth the risk of your baby dying.

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