

Does your baby

# SLEEP SAFE?

GWEN SHELTON

MOTHER OF TWO  
GRANDMOTHER OF TEN



**SLEEP SAFE**

Alone. Back. Crib.

**NO EXCEPTIONS**

# SLEEP SAFE



## 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.



## Back.

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



## Crib.

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



## 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.