

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.