

Does your baby

# SLEEP SAFE?



Far too many babies in Baltimore City die before their first birthday. Many of these deaths happen while the baby is sleeping. Don't put your baby at risk.

**Put your baby to sleep safe.**

**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 or stuffed animals. 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.