

Is your baby sleeping safely? Remember these ABCs of safe sleep.



ABCs

A Alone
B on the **back**
C in a **crib**
S **Smoke-free air**

Safe sleep means:

- Alone with you nearby
- On the back
- In a crib or Pack 'n Play™
- In smoke-free air
- Room temperature should be comfortable to a lightly clothed adult



Unsafe sleep means:

- Sleeping in a bed or crib with others
- Sleeping on a sofa, recliner chair or soft bedding alone or with others
- Using bumper pads, blankets, pillows or toys in the crib
- Smoking in the house or car

