

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



A B C

Alone on the **back** in a **crib**

Safe sleep means:

- Alone with you nearby.
- On the back.
- In a crib or Pack 'n Play™.
- 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 crib bumpers, blankets, pillows or toys in the crib.
- Smoking in the house or car.

