

# 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



# 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



# ¿Duerme seguro su bebé? Recuerde el ABC para dormir seguro.



**A** A solas **B** Boca arriba **C** en una cuna **S** Smoke-free air\*

## Dormir seguro consiste en:

- A solas con usted cerca
- Boca arriba
- En una cuna o cuna portátil (Pack 'n Play™)
- En aire libre de humo de cigarrillo\*
- La temperatura de la habitación debe estar cómoda para un adulto con ropa liviana



## Dormir inseguro consiste en:

- Dormir en la cama o cuna con otra persona
- Dormir en un sofá, sillón reclinable o muebles acolchonados a solas o acompañado
- Usar edredones o cojines alrededor de la cuna, cobijas, almohadas o juguetes en la cuna
- Fumar dentro de la casa o del auto

