

The **A****B****C**_s OF SAFE SLEEP

A

Your baby should sleep:
ALONE

Don't let your baby sleep with another person or a pet. They might roll over on the baby or block their flow of air.

B

Your baby should sleep on their:
BACK

If your baby has trouble breathing, they are more likely to wake up if they are sleeping on their back.

C

Your baby should sleep in a:
CRIB

Adult beds, sofas, chairs, and other spaces aren't safe for your baby. There may be areas where your baby can get trapped. Or, there may be soft places that sink and create pockets.

These areas may force baby to "re-breathe" the same air again and again. The oxygen is used up within the small space/pocket. This can make it hard for your baby to keep breathing.



The **A B C**s OF SAFE SLEEP



A SAFE SLEEPING SPACE HAS:

- ✓ A firm mattress
- ✓ A tight fitting sheet
- ✓ No blankets
- ✓ No stuffed animals
- ✓ No crib bumpers
- ✓ No pillows
- ✓ No pets
- ✓ No other objects

HERE'S WHY: if your baby falls asleep with a blanket, soft toy or another object, it may cover their mouth and nose and cause them to suffocate.



LESSON:
**HELP YOUR BABY
SLEEP SAFE AND
SOUND**

Take This Lesson to Learn:

- How to protect your baby from common bedtime dangers
- Tips to help your baby fall back asleep on their own
- Sleepy signs

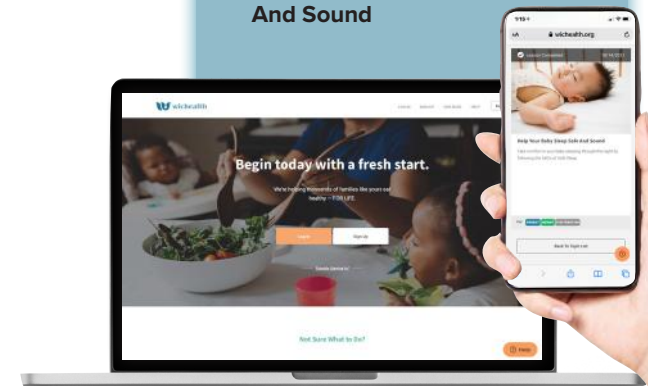
To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy and Baby's First 6 Months**
- Choose the lesson: **Help Your Baby Sleep Safe And Sound**

TIPS FOR KEEPING BABY WARM ON CHILLY NIGHTS:

- ✓ Dress in warm, snug-fitting **pajamas**
- ✓ If needed, add a sleeper

Sometimes we think babies feel colder than we do, but that's not true! If you are comfortable in your home, your baby is probably comfortable too. Dressing your baby too warmly can put them in danger of overheating and may increase their risk of dying of SIDS (crib death).



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