



The **A B C**'s of **Infant Safe Sleeping**

Let me sleep **ALONE** in my own crib or bassinet. Don't put me to bed with other children or adults. Keep all soft bedding, pillows or stuffed animals out of my crib.

Always place me on my **BACK** to sleep — even for naps, it's "back to sleep." According to doctors, "back to sleep" will not increase my risk of choking.

A safety-approved **CRIB** or bassinet with a firm mattress is the safest place for me to sleep. Adult beds are soft and can cause me to suffocate.



24-hour Parent Support Line
1-888-281-3000



Tips for When I Cry

- Please check my diaper
- See if I'm hungry or uncomfortable
- Make sure I don't have a fever (if I do, call a doctor)
- Swaddle me in a soft blanket and cuddle me
- Take me for a ride in a stroller or car
- Place me in a bouncy chair or gentle infant swing
- Play soft music, sing or hum quietly
- Give me a soothing bath

If my crying makes you mad, put me on my back in my crib or bassinet and leave the room for a short break to calm down.

Never shake me — it can kill or cripple me for life!



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