

Safe Sleep 7

SMART STEPS TO SAFER BEDSHARING.

IF YOU ARE BREASTFEEDING, MEET ALL SEVEN FOR SAFER BEDSHARING.



1 NO SMOKING

In the home or outside



2 SOBER ADULTS

No alcohol
No drowsy meds



3 BREASTFEEDING

Day and night



4 HEALTHY BABY

Full term



5 BABY ON BACK

Face up



6 NO SWEAT

Light clothing
No swaddling



7 SAFE SURFACE

No soft mattress, no extra pillows, no toys, no tight or heavy covers. Clear of strings and cords. Gaps firmly filled: use rolled towels or baby blankets.

