BACK
Your baby should always sleep in a safe empty crib with a firm mattress. Pack-n-Plays and bassinets should also have a firm, fitted mattress.

ALONE
Your baby should always sleep alone. Caregivers should be nearby in the same room, but not in the same sleeping space.

CRIB
The safest position for babies to sleep is on their backs (unless otherwise instructed by the baby's health care provider). Have your baby sleep in a one piece sleeper or sleep sack. Your baby will stay warm and comfortable, no blankets needed!

HAVE EVERYONE WHO CARES FOR YOUR BABY FOLLOW THESE SAFE SLEEP RULES

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