

support your baby's safe sleep

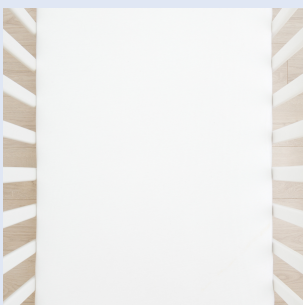
these simple steps can help
keep baby safe while they sleep.



make sure everyone who cares for your baby knows these safe sleep rules.



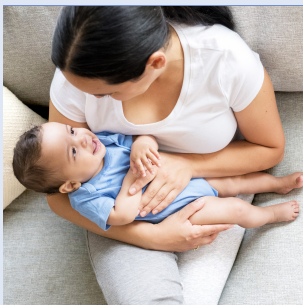
Put baby to sleep on their back. For naps and night, the safest way for baby to sleep is on their back.



Baby's crib should be firm, flat, and clear of toys. Use a safe crib, bassinet, or co-sleeper without any blankets or stuffed animals. Make sure the sheet fits tightly.



Share your room, not your bed, with baby. Give baby their own safe sleeping space in your room on a surface approved for baby sleep.



Safe sleep every time. During snuggles and night feedings, put baby in their sleep space before you fall asleep.

Learn more about safe sleep, and habits you can practice with your baby, at [**ctoec.org/safe-sleep**](https://ctoec.org/safe-sleep).

