safe sleep for babies

These three simple steps can keep babies safe while they sleep.
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back to sleep for safety
Always put baby on their back when sleeping. You can lightly rock the baby, hold them close, and shhh in their ear to calm them—before laying baby to sleep in the crib.

clear baby’s crib
remove blankets and soft objects

always close, never together
Sleep separately from baby to keep them safe. Stay close to baby, but avoid falling asleep while holding or feeding baby.

For more information about keeping babies safe while they sleep, go to www.ctoec.org/safe-sleep