



safe sleep for babies

These three simple
steps can keep babies
safe while they sleep.



THE OFFICE OF EARLY CHILDHOOD



safe sleep for babies

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.ct.gov/oec/sleep