

# SAFE Sleep

- Always place baby on his/her back to sleep
- Keep baby's sleep area free of pillows, soft or loose bedding, padded bumpers, soft objects, and toys
- Place baby in a safety-approved crib with a firm mattress covered by a fitted sheet
- Place baby to sleep in a separate sleep area close to where you or others sleep
- Do not smoke during pregnancy, and do not allow smoking around baby
- Give baby plenty of Tummy Time when awake and when someone is watching
- Prevent overheating by not overdressing baby and keeping room temperature between 68-72 degrees
- Frequently check on baby and call 911 immediately if he/she is not responding
- Talk to caregivers about the importance of safe sleep practices



<http://middlesexcac.org/fatality-prevention/>

## Let Your Baby Breathe



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*Helping to Keep Kids Safe*

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