Quit Smoking

Don't smoke before or after the birth of your baby, and don't allow others to smoke around your baby.

Room Temperature

Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.

No Soft Surfaces

Babies should not be placed to sleep on water beds, sofas or other soft surfaces.

Tummy Time

Provide "Tummy Time" when your baby is awake & supervised.

Use a Pacifier

Breastfeeding is best.
After breastfeeding is established, offer your baby a clean pacifier during sleep.

Vaccinate

Make sure your baby gets regular check-ups and immunizations.

Why?

It's for the babies!

What does safe sleep look like?

For more information on safe sleep for babies, please visit the Pennsylvania Department of Health website at **www.health.state.pa.us/pasids.**

pennsylvania
DEPARTMENT OF HEALTH

Acknowledgement to S.I.D.S. of PA/Cribs for Kids

HD0536P (Rev. 04/12)

Reducing your baby's risk of
Sudden Infant Death Syndrome (SIDS)
and
Accidental Suffocation
during sleep

It's easy as A, B, C

Alone

Keep your baby's sleep area close but separate from where others sleep. Your baby should not sleep in a bed, on a couch or in a chair with others.

Back is Best

Your baby should sleep on his or her back in a safety-approved crib on a firm mattress every time you put them down to sleep, including naps.

In an Uncluttered Crib

Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers and pillows from your baby's crib.

Cause of Death

SIDS and accidental suffocation are the leading causes of death in babies 1 to 12 months of age.

Months of Age

Babies who are 2 to 4 months of age are at the highest risk for SIDS and accidental suffocation.

Tell People

Share the A, B, C, 1, 2, 3's with at least three people. Education is key to keeping babies safe.