

These ideas will allow you to enjoy your baby with less worry.

SAFE SLEEP - Sweet Dreams

Prenatal care during pregnancy is important.

© 2003



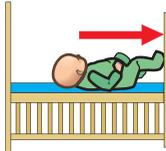
1. **NO Alcohol, NO Smoking**



2. Crib **without:** pillow, bumper pads, extra mattress



3. Put baby on **back to sleep**, not on stomach



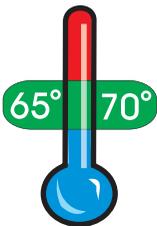
4. Put baby at **foot** of crib



5. **NO co-sleeping** with parents



6. Be very **careful during weekends**



7. Best **room temperature: 65 to 70** degrees



8. **Three layers only:** diaper, sleeper, blanket



9. **NO** putting baby to **sleep on the couch, especially with an adult**

A component of the **Face up to wake up™** Resource Kit to help reduce the risk of Sudden Infant Death Syndrome, produced by the CJ Foundation for SIDS.

