What does safe sleep look like?

**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!

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

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

Acknowledgement to S.I.D.S. of PA/Cribs for Kids
It’s easy as A, B, C

**A** - 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.

**B** - 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.

**C** - In an Uncluttered Crib
Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers and pillows from your baby’s crib.

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

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

**3** - Tell People
Share the A, B, C, 1, 2, 3’s with at least three people. Education is key to keeping babies safe.