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!

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

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

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

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.

4. **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.

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

6. **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.