### **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!

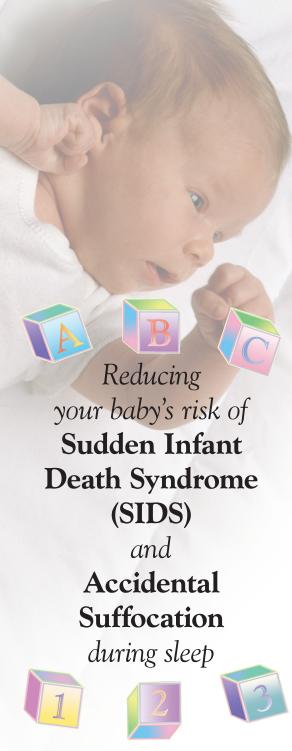
## What does safe sleep look like?



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



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



# 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.

### Cause of Death

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

## 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.

# Months of Age

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

### In an Uncluttered Crib

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

### Tell People

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