

BABY'S SAFE SLEEP



LOWER THE RISK OF ACCIDENTAL INFANT SUFFOCATION

- 1 Use a firm mattress with a tight-fitting sheet.
- 2 Do not use wedges or bumper pads.
- 3 Remove toys, stuffed animals and pillows.
- 4 Keep your baby's face and head uncovered.
- 5 Always put healthy babies to sleep on their backs, facing up.
- 6 Keep your baby from overheating by dressing him/her in layers.

- 7 Avoid using blankets, which can cover baby's face. Instead, dress him or her in a sleep sack for warmth.
- 8 Place your baby at the foot of the crib.
- 9 Keep the room temperature between 68° and 75°F.
- 10 Keep cigarette smoke away from your baby.



NO BEDS OR COUCHES

Babies should never sleep on couches, chairs, regular beds or other soft surfaces even with a parent, sibling or caregiver.

CONTACT SAFE KIDS
FAYETTE COUNTY AT
859-323-1153 FOR
MORE INFORMATION.