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 waterbeds, sofas, or other soft surfaces.

tummy time
Provide “Tummy Time” when your baby is awake and supervised.

use a pacifier
Breastfeeding is best. After breastfeeding is established, offer your baby a clean, dry pacifier during sleep.

vaccinate
Make sure your baby gets regular check-ups and immunizations.

why?
it’s for the babies!

What does a safe sleep environment look like?

For more information on safe sleep for babies go to: www.cribsforkids.org
facebook.com/CribsforKidsHeadquarters

Helping every baby sleep safer

Cribs for Kids
Helping every baby sleep safer
Your baby should be placed to sleep on his or her back in a safety-approved crib on a firm mattress every time during naps and at nighttime.

Keep your baby’s sleep area close but separate from where others sleep. Share your room, not your bed. Your baby should not sleep with others in a bed, on a couch, or in a chair.

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

Sleep-related deaths, such as accidental suffocation, asphyxia, or undetermined causes during sleep, are the leading causes of death in babies 1 to 12 months of age.

Babies who are 2 to 4 months of age are at the highest risk for sleep-related deaths, such as accidental suffocation and SIDS.

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

It’s easy as A, B, C