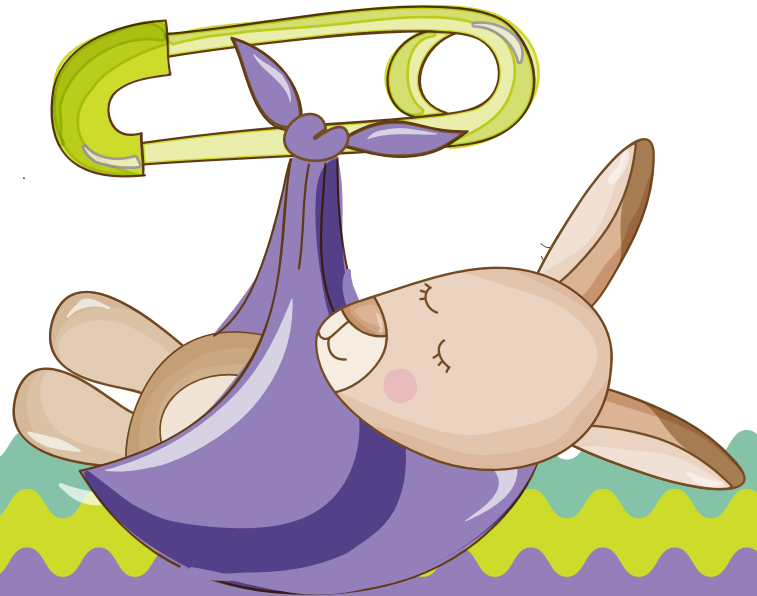


February

# MAKE SURE your Baby SLEEPS SAFELY EACH and EVERY TIME.

SIDS (Sudden Infant Death Syndrome) can happen in any home. Why babies die from SIDS is not completely understood, but there are actions you can take to reduce your child's risk of SIDS.



Make sure you talk about the following safe sleep practices with everyone who cares for your baby.

1 Always put your baby to sleep on her back.

2 Share a room with your baby without sharing a bed.

3 Keep the room temperature comfortable (not too hot), and dress your baby in appropriate clothing for this temperature.

4 Use infant sleep clothing that does not cover the head.

5 Car seats, strollers, swings, and infant carriers should not be used for routine sleep.

6 Make sure no one smokes around your baby.

7 Make sure your baby's sleep surface is firm, flat, and free of soft objects, such as stuffed animals and quilts.

8 Breastfeed and immunize your baby.

9 Avoid alcohol and illicit drugs during pregnancy and after birth.



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