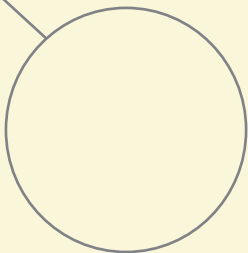


Shhh!  
I'm sleeping ...  
on my back.

Sweet Dreams

saskatchewan  
**preventioninstitute**  
our goal is **healthy** children



# ABCs for Safe Sleep

Reduce the risk of  
Sudden Infant Death Syndrome (SIDS)

**A**

lways put your baby to  
sleep on their back

**B**

reastfeed your baby,  
if you can

**C**

reate a smoke-free  
environment for your  
baby

**D**

on't let your baby get  
too warm

**E**

very surface your baby  
sleeps on should be  
firm, flat, and free of  
pillows, comforters, and  
stuffed toys

FOR MORE INFORMATION, VISIT:

[www.skprevention.ca/safesleep/](http://www.skprevention.ca/safesleep/)