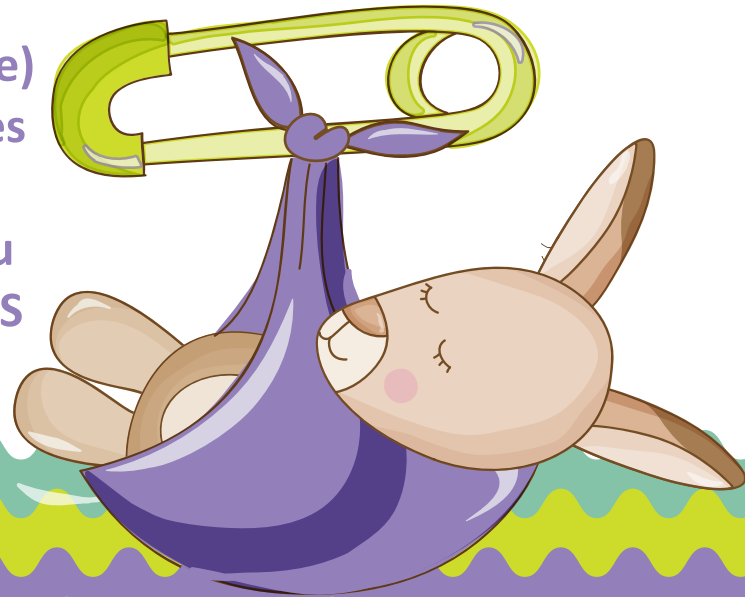


MAKE SURE your Baby SLEEPS SAFELY EACH and EVERY TIME.

SIDS (Sudden Infant Death Syndrome) can happen in any home. Why babies die from SIDS is not completely understood, but there are things you can do to help reduce the risk of SIDS and make your baby safer.



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 their 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, cannabis, and other drugs during pregnancy and after birth.

