

Sweet Dreams... Keeping Sleeping Babies Safe



Help protect the little ones you love!
Remember these important rules
for safe infant sleep

- Always follow the ABCs of safe sleep: babies are safest **Alone, on their Backs, in their Cribs.**
- Babies should always sleep on a firm, safety-approved crib mattress with a tightly fitted sheet. Avoid fluffy, loose bedding.
- Babies should sleep in an uncluttered crib. Keep stuffed animals, bumper pads and multiple blankets out of the crib. These things might seem cute and cuddly, but they are unsafe!
- Don't make the room too warm and don't over-bundle a sleeping baby. A good rule to remember is that if you're comfortable, the baby will be, too.
- Babies need to sleep in *their* crib, not in your bed, on the couch or in a car seat. Keep your baby *close* to you, but *separate*.
- Babies should sleep on their backs at all times. Remember: *back to sleep, tummy to play*.
- Don't ever smoke—or let anyone else smoke—around your baby. The risk of SIDS dramatically increases when infants are exposed to secondhand smoke.

For more information on infant safe sleep practices, visit www.firstcandle.org
First Candle is a national nonprofit organization dedicated
to helping every baby sleep safe and sound.

These parenting tips are courtesy of
Franklin County Children Services,
where we advocate for each child's safety,
permanency and well-being.

www.franklincountyohio.gov/children_services
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**Protecting Children by
Strengthening Families**