

Keeping babies **SAFE:**

Caregivers Guide to Safe Sleep Habits

Let's learn the ABC'S of safe sleep,



so our babies can learn theirs:

Babies should always sleep alone.

Babies who share a bed with a caregiver are at significantly higher risk of sleep-related death than those who don't. In fact, bed-sharing is the single biggest cause of death for babies in Missouri's Bootheel. Always put your baby to sleep in his or her own crib or other safe sleep surface.

Babies should always sleep on their backs.

Babies who sleep on their backs are at significantly lower risk of dying from SIDS and sleep-related causes like suffocation and asphyxiation. Until their first birthday, babies should always sleep on their back for ALL sleep times - including naps and at night.

Babies should always sleep in a crib or other safe sleep surface.

It's critical for your baby to sleep in a safe environment with a firm mattress and tightly fitted sheet. Blankets, crib bumpers, pillows and stuffed toys are all suffocation hazards to babies.

WANT TO LEARN MORE?
Visit www.BootheelBabies.org.