ABC's OF HEALTHY KIDS | G: Get Babies to Sleep Safely

Safe Sleep Cheat Sheet

Make sure babies are sleeping safely by putting them to sleep on their back and alone in a crib or bassinet with a flat surface.

Yes

- Flat surface
- Baby is alone
- Bassinet
- Crib

No

- Inclined surface
- Toy
- Soft, plush toy
- Pillow
- Blanket
- More than one baby in crib
- Crib bumpers
- Inclined Seat

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