

# Follow the

**A** **B** **C**  
*of*  
*Safe Sleep*

*from the*

# SLEEPTIGHT SHEEP!

Every baby. Every sleep.

**A**  
**Alone**

in a crib,  
without toys,  
blankets, or  
pillows.

**B**  
**Back**

on a firm sleep  
surface such  
as a crib or  
bassinet.

**C**  
**Crib**

is the  
safest place  
for baby  
to sleep.



**Baa!**

Being a parent  
can be so tiring!

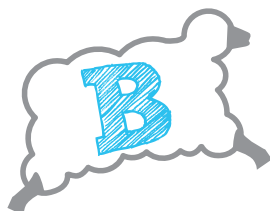
## Follow the **ABCs**

Every baby. Every sleep.



### **Alone**

It is safest for baby to sleep alone in a crib without toys, blankets, pillows, or anything soft.



### **Back**

Place baby on his or her back on a firm sleep surface such as a crib or bassinet.



### **Crib**

A crib or bassinet is the safest place for baby to sleep. Share your room for baby's first 6 months to a year, but never share your sleep surface.

## **Safe Sleep Tips:**

- Avoid smoking around baby. Smoke in the air or on clothes is dangerous for baby.
- Adult beds, couches, chairs, and car seats are not safe for baby to sleep.
- If you are tired while holding baby, place baby back in the crib.
- Breastfeed, if you are able.
- Offer baby a pacifier (without a string attached).
- Make sure everyone that cares for baby follows these safe sleep tips.

Find more information on safe sleep at:  
[sleeptighthamptonroads.org](http://sleeptighthamptonroads.org)