



Tips to get your baby *Safe to Sleep*

Babies sleep safest when they sleep...

Alone, on their **B**acks,
in uncluttered **C**ribs

Always place your baby on their back for every sleep period, including naps and nighttime.



Use a firm sleep surface, such as a properly fitted mattress in a safety-approved crib.



Room-sharing is encouraged, but avoid bed-sharing to maintain a safe sleep space.



Keep soft items — such as blankets, pillows, bumper pads, & plush toys — out of the baby's sleeping area.

 **Davies Community Hospital**
Perinatal Pathways