Always place baby **alone** on their back in a crib.

Nothing in the crib but a baby and a fitted sheet.

Always place baby on their back for naps or bedtime.

Bedsharing is not safe, babies need their own crib.
Always place baby alone on their back in a crib.
For babies to sleep safely, they must sleep **ALONE**: A baby should sleep in the same room as an adult, but in their own crib, with nothing but a fitted sheet.

Never forget the ABCs of Safe Sleep:

**Alone**  **Back**  **Crib**

- Adults should never share a bed with a baby
- No bumpers
- No blankets
- No stuffed animals
For babies to sleep safely, they must sleep on their **BACK**:

A baby should be put to sleep on their back for naps and bedtime until they reach their first birthday.

- **Place baby to sleep on their back**
- **Once a day, babies need supervised tummy time**
- **Place baby 'back' to sleep after feeding**

Never forget the ABCs of Safe Sleep:

**Alone**  **Back**  **Crib**

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For babies to sleep safely, they must sleep in their own CRIB:

A baby should be put to sleep on their back for naps and bedtime until they reach their first birthday.

Don't let the room get too hot

Only use a fitted sheet for the crib

No missing or broken pieces

Never forget the ABCs of Safe Sleep:

**Alone**  **Back**  **Crib**

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