

Infant Safe Sleep

DO

Follow the infant safe sleep steps:



Do encourage frequent tummy time when baby is awake and supervised.

Do consider using a pacifier.

Do tell all caregivers about safe sleep.

DON'T

Babies have died in these unsafe sleep settings:



Don't use loose blankets or soft bedding.

Don't lay infant on the tummy for sleep.

Don't lay infant on pillows.

Don't place infant to sleep on adult bed or couch.

Don't bed share infant with adults, other children, or pets.

Provided by the Safe Sleep Advisory Team, which includes:

