

SHARE THE ROOM, NOT THE BED.

Help keep our babies safe!

**They sleep safest alone, in a crib or
pack n' play free of toys, blankets and pillows**



cradle
KALAMAZOO

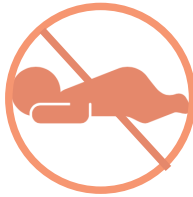
**Many unsafe sleep deaths are preventable.
Protect your baby by following the simple ABCs of Safe Sleep:**

Creating a Safe Sleep Environment for your baby:



Share the room, not the bed.

Your baby should always sleep alone and in a crib or pack n' play. Your baby shouldn't sleep with you in a bed, on a couch or on a chair.



Babies shouldn't sleep on their bellies.

Always place your baby on its back for naps and to sleep at night.



Don't put anything in the crib or pack n' play.

Keep the space empty. Don't put pillows, blankets, bumper pads, or stuffed animals with your baby.



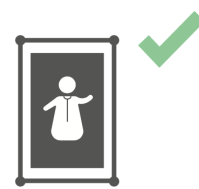
It isn't safe for babies to sleep on soft surfaces.

Always put your baby to sleep on a firm sleep surface. A firm mattress and fitted sheet is best.



No smoking.

Do not smoke or let anyone smoke around your baby.



Follow the ABCs of safe sleep.

Your baby should sleep alone, on its back and in an empty crib.

Think about your Safe Sleep Plan ...

1. Where is your baby sleeping in your home? _____

2. What is in or around your baby's sleep area? _____

3. Who else do you need to talk to about keeping your baby safe while they sleep? _____

4. How will you keep your baby's sleep space safe when they're not at home? _____

**In the end, is it worth the risk of your baby dying?
If you need Safe Sleep resources or classes, call 269-888-KIDS
or visit www.cradlekalamazoo.com**