

Follow the Sheep for Infant **Safe Sleep**



Your baby needs to sleep in a safe bed, **ALONE**. Sharing sleeping space with an adult or child is dangerous for a baby. Also, keep bumper pads, pillows, toys, blankets and comforters out of your baby's sleeping space.



Your baby needs to sleep on his **BACK** on a flat surface. Unless the baby's doctor says something different.



Your baby needs to sleep in a safe **CRIB**, bassinet or play yard. Do not let your baby sleep in an adult bed, on a couch, in a swing, car seat or any sitting position. Place the crib, portable crib, play yard or bassinet in the parents' bedroom until the child's first birthday.



Baby **DROPS** and falls are preventable! Starting in the hospital, only hold and care for your baby when you are awake and alert. Newborns can easily slide out of the arms of tired parents and caregivers.