N.C. law require that babies 12 months of age or younger be placed on their backs to sleep in child care. Exceptions may apply.

For more information, use a firm mattress with a tight-fitting sheet. No wedges or bumper pads. Keep face and head uncovered. Keep baby from overheating, dress baby in layers. Place baby at the foot of crib. Keep room temperature 68° - 75°. Keep cigarette smoke away from baby.

Take these steps to lower the risk of Sudden Infant Death Syndrome (SIDS).

Stomach to Play - Back to Sleep

N.C. law require that babies 12 months of age or younger be placed on their backs to sleep in child care. Exceptions may apply.

For more information, visit www.NCHealthyStart.org or call 1-800-367-2229 NC Family Health Resource Line.

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