

Baby's Safe Sleep

Always put healthy babies on their backs to sleep

Use a firm mattress with a tight-fitting sheet

No wedges no bumper pads

Keep face and head uncovered

Remove toys, stuffed animals and pillows

Keep baby from overheating, dress baby in layers

Tuck light-weight blanket no higher than the chest

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

www.NCHealthyStart.org or call **1-800-367-2229**

NC Family Health Resource Line

