What is NOT SAFE SLEEP:

- Adult beds. Mattresses are too soft and adult bedding can suffocate babies.
- Couches. Babies can become stuck in the cushions and suffocate.
- Bumper pads, blankets, wedges, and positioners. These items are not needed and can block the baby’s airway.
- Sleeping with others. Babies can be smothered when sleeping with adults or other children.

Put me to sleep safely, on my back and in my crib, every time. Remember, I’m counting on you to keep me safe.