



Safe Sleep is hard, but your baby is worth it.

Follow these steps for safe sleep:

1. Make a safe sleep plan and follow that plan - even when you are exhausted.
2. Always follow the ABC's of Safe Sleep
 - a. Alone:** Not with other people, pillows, blankets, or stuffed animals
 - b. Back:** Always place your baby to sleep on their back-not on the stomach or side.
 - c. Crib:** Always place your baby to sleep in their crib-not on an adult bed, sofa, cushion, or other soft surface.

Babies can die when sleeping in adult beds. Always put your baby to sleep on their back, alone in a crib. If you can't afford a crib, call (334) 206-2085.

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