

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) 206-5675.

PRAMS

Alabama Department of Public Health Perinatal Program

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