


Grandparents Guide to Safe Sleep



 Safe Sleep guidance has changed over the years; what we once believed was best may no longer be safe.

ALABAMA
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HEALTH

Grandparents can keep their grandbabies sleeping safely by:

- Put babies to sleep **Alone** on their **Backs** and in a **Crib** for every nap and every night.
- Babies should sleep on a **flat, firm surface** (not in car seats, swings, or couches).
- No pillows, no blankets, no toys, and no crib bumpers that can lead to **suffocation**.
- **Always** start babies on their backs to sleep, even if they roll later on their own.