

# The ABCs of Safe Sleep

## Alone:

- Your baby should sleep in the same room as you, but not in the same bed.

## Back:

- Unless otherwise instructed by a pediatrician, babies should always sleep on their backs and on a firm and flat surface.

## Crib:

- Keep your baby's crib clutter-free. No blankets, pillows, bumper pads, stuffed animals, etc.

# Sleeping Safely into Winter



## Contact Us:



Alabama Perinatal Quality Collaborative  
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# Winter Reminders



Do not put extra blankets in the crib with your baby. If you are concerned that they are cold, think about using a wearable blanket instead (also called a sleep sack).



Do not place hats on your baby while they are sleeping indoors. Hats increase the risk of overheating and suffocation.



Bulky items such as snow suits and jackets can cause a car seat harness to not fit properly. Remove these items before placing your baby in their car seat.



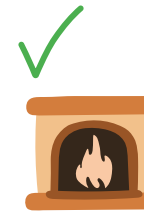
Exposure to secondhand smoke can increase the risk of Sudden Infant Death Syndrome (SIDS). Avoid smoking around your baby or areas where smoking may occur.



**Remember to talk to  
your family members  
and other caregivers  
about winter safety for  
your baby.**



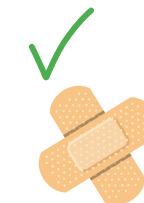
Make sure your home has a carbon monoxide detector on every level, especially near sleeping areas.



Get your fireplace and chimney checked by a professional yearly. Remember to keep the area around the fireplace free of objects and use a gate to keep children and pets away.



Come up with and practice a home fire escape plan for you and your family in case of an emergency.



Make sure everyone in your household stays current on vaccines and doctor appointments to help prevent severe illnesses in the colder months.