

Safe Sleep for Baby



Sudden Infant Death Syndrome, or SIDS, is the leading cause of infant death for babies, one month to one year old. Here are some tips to help reduce this risk:

Baby sleeps alone

Firm mattress with tight-fitting crib sheet

Baby sleeps on back

Do not overdress or overheat baby

Baby sleeps in crib

Baby's face uncovered

No smoking around baby

Nothing in sleep area

