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
- Baby sleeps on back
- Baby sleeps in crib
- Firm mattress with tight fitting crib sheet
- Do not overdress or overheat baby
- Baby’s face uncovered
- Nothing in sleep area
- No smoking around baby