ABC's of Safe Sleep

**Alone**
Not with other people, pillows, blankets, toys, or bumper pads

**Back**
Not on my stomach or side

**Crib**
Not on an adult bed, sofa cushion or other soft surface

Tell others that care for your baby the ABC's of Safe Sleep

I’m safest on my back to sleep and tummy to play!

Cut seal to remove magnet.

Visit www.nefhealthystart.org or call 904.723.5422 for more information

Courtesy of the Baltimore City Health Department