Make sure everyone who cares for your baby knows how to keep them safe!

Here are some basic tips:

• Always put baby to sleep on their back for naps and at night.
• Use a firm surface such as cribs, bassinets, and portable playpens. Use tight fitting bottom sheets.
• Remove bumpers, blankets, pillows, or toys from the sleep area. Even though they look cute, they can cause serious injuries and even death. It is not worth the risk.
• Move your baby’s sleep area into the same room where you sleep. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you or with anyone else.
• Do not smoke during pregnancy, and do not let anyone smoke around your baby.

Learn more: BabyRoomToBreathe.org