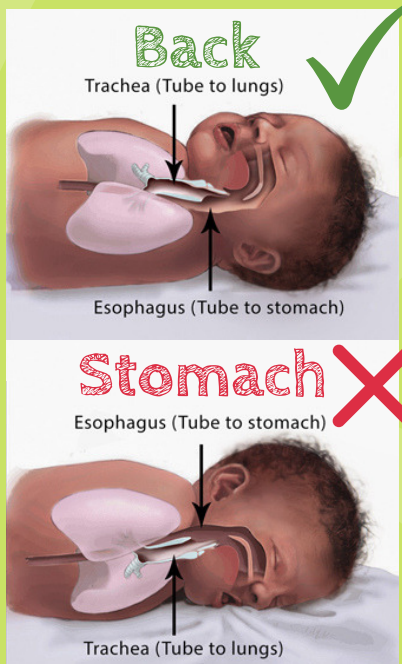


Safe Sleep for Your Baby

Each year in Hampton Roads, too many babies die suddenly and unexpectedly from **PREVENTABLE** sleep-related causes.



Safe Sleep Tips:

- Avoid smoking around baby. Smoke in the air or on clothes is dangerous for baby.
- Adult beds, couches, chairs and car seats are not safe for baby to sleep.
- If you are tired while holding baby, place baby back in the crib.
- Breastfeed, if you are able.
- Offer baby a pacifier (without a string or toy attached)
- Make sure everyone that cares for baby follows these safe sleep tips.

Learn more about infant safe sleep:
www.sleepighthamptonroads.org



To reduce the risk of sleep-related causes of infant death, share your room for baby's first 6 months to a year and follow the safe sleep ABCs:



Alone

Keep baby on a separate surface such as a crib or pack n' play without toys, blankets and other soft items.



Back

Always place baby on his or her back to sleep, for naps and at night.



Crib

A crib or pack n' play is the safest place for baby to sleep.

