

Remember the Safe Sleep  
ABCs when putting a  
baby to rest...

# Safe Sleep ABCs



## Alone

Always put  
your baby to  
sleep alone

## Back

Always put  
your baby to  
sleep on their  
back

## Crib

Always put  
your baby to  
sleep in a  
crib

[www.cradlecincinnati.org](http://www.cradlecincinnati.org)  
or call 513-558-7013



# cradle cincinnati

every baby, every day

For both naps and at night, always place a baby to sleep:

### ALONE:

Do not sleep with a baby ever. Do not share sleeping spaces – even with siblings.

### On their BACK:

Placing a baby to sleep on their back greatly reduces infant deaths.

### In a CRIB:

Use a firm crib mattress covered by a fitted sheet. Do not put a baby to sleep on a bed or a couch. Keep pillows, stuffed animals, bumper padding and other soft items out of the baby's sleeping area. And keep all items away from the baby's face. Also, refrain from using car seats, swings or strollers for routine sleep.

Safe Sleep for babies also includes a smoke-free environment, a pacifier and breastfeeding.

And be careful not to overheat a baby during sleep.

*For more information, please call Cradle Cincinnati at (513) 558-7013 or visit [www.cradlecincinnati.org](http://www.cradlecincinnati.org)*