

IS YOUR BABY SLEEPING SAFELY?



safe sleep



UNsafe sleep

*Reduce the risk of
sleep-related causes of infant death.*

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

The ABC's of Infant Safe Sleep:

I sleep safest **Alone**,
on my **Back**, in a **Crib**.



MONO COUNTY HEALTH DEPARTMENT
760.924.1830 • www.monohealth.com/SIDS



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**Place your baby to sleep in the same room
where you sleep, but not the same bed.**

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