

SAFE SLEEP IS EASY TO REMEMBER WITH ABCD



A

ALONE

Babies should sleep alone in their own crib. Do not put blankets, pillows, toys or bumpers in the crib.



B

BACK

Always put babies on their back to sleep at nap time and bedtime. It's the safest way for them to sleep.



C

CRIB

Use a crib, portable crib or bassinet with a firm mattress and a fitted sheet.



D

DEVELOP A SAFE SLEEP PLAN

Plan where your baby will sleep, think about what to do if your baby cries a lot, and know who you can call for help.



**Healthy
Start**

Broward Healthy
Start Coalition

TO CREATE YOUR OWN SAFE SLEEP PLAN GO TO
[HTTPS://SRHD.ORG/SAFESLEEP](https://srhd.org/safesleep)



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