

Dear Mom, Dad, Grandma & Grandpa,

To keep me safe when I sleep, please...



- Place me to sleep on my back!
- Share your room, with me safe in my crib, bassinet or portable crib. I'll be near your bed so you can still see, hear and touch me! Sleeping with me in bed or on a sofa can be unsafe. You can accidentally roll over on me, and I can suffocate in soft bedding.
- Keep bumpers, pillows, blankets, quilts or stuffed animals out of my crib! Use a firm and flat mattress covered with a fitted sheet.
- Make sure nobody smokes in our home or wherever I am.
- Breastfeeding is best! If you bring me into your bed to feed me, keep your pillows and blankets away from me. When you are ready to sleep, it is safest to put me back into my nearby crib.
- Tell my doctor what I said! My doctor will say I am a very smart baby!



With Love, From Your Baby!

Information is for the first 12 months of life.

Hotline: 800-545-7437 Website: www.rwjms.rutgers.edu/sids Questions: 732-249-2160

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