

# Safe Sleep

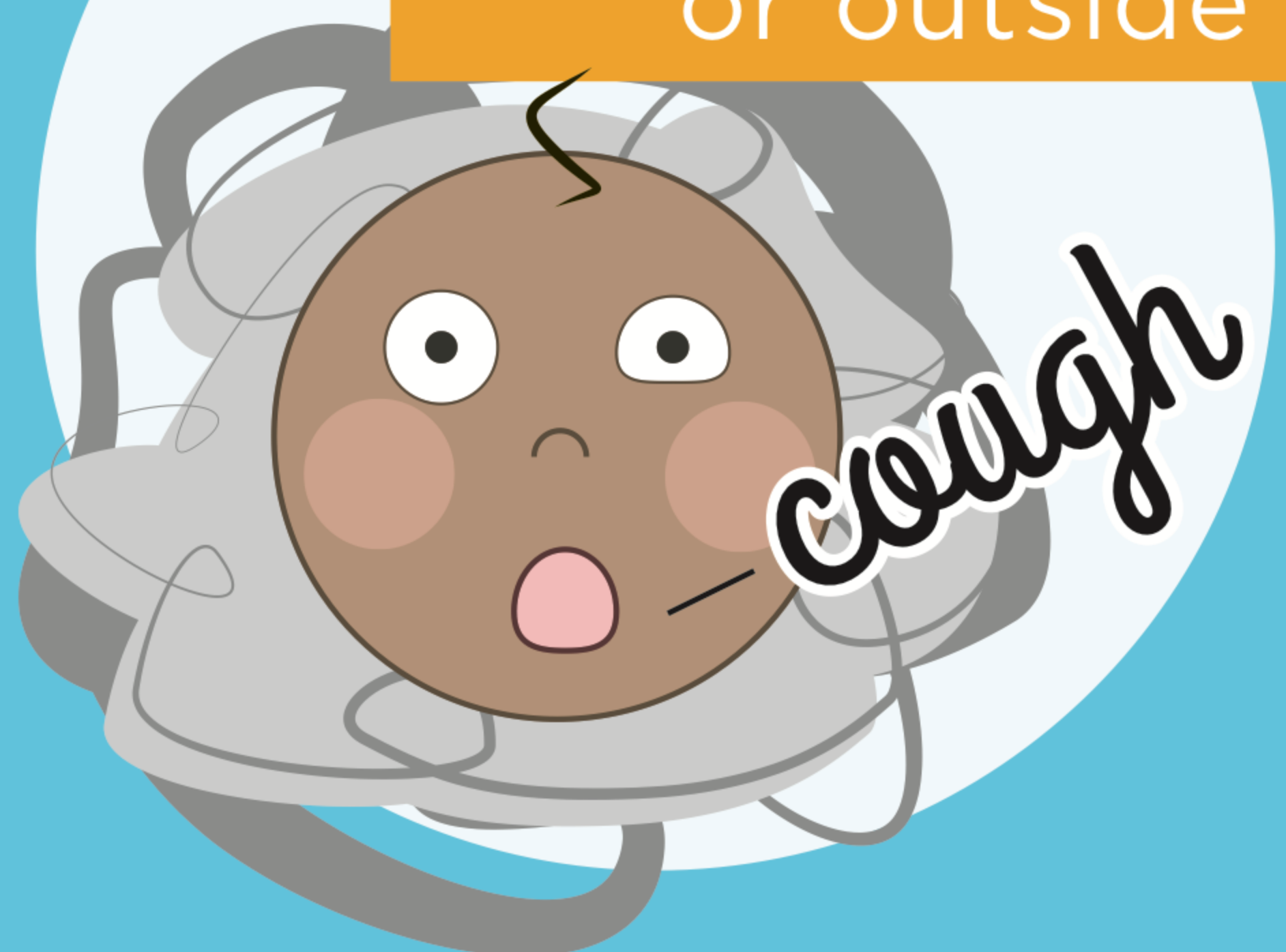
Smart Steps To Safer Bedsharing

Meet all seven and you can *sleep sweet*

1

**NO SMOKING**

In the home  
or outside



2

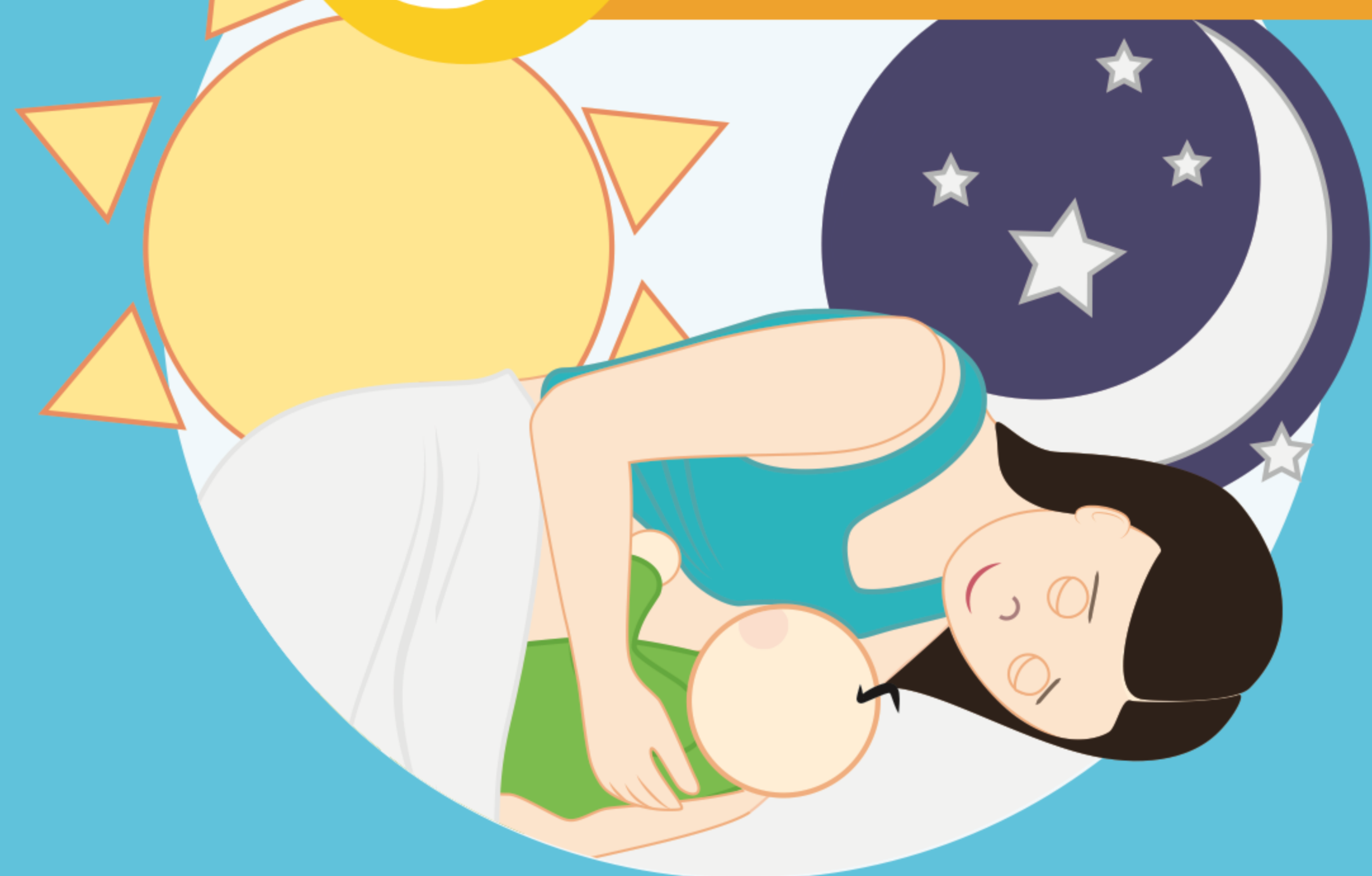
**SOBER PARENTS**

No Alcohol  
No Drowsy Meds



3

**NURSING MOTHER**  
Day & Night



4

**HEALTHY BABY**  
Full Term



5

**BABY ON BACK**



6

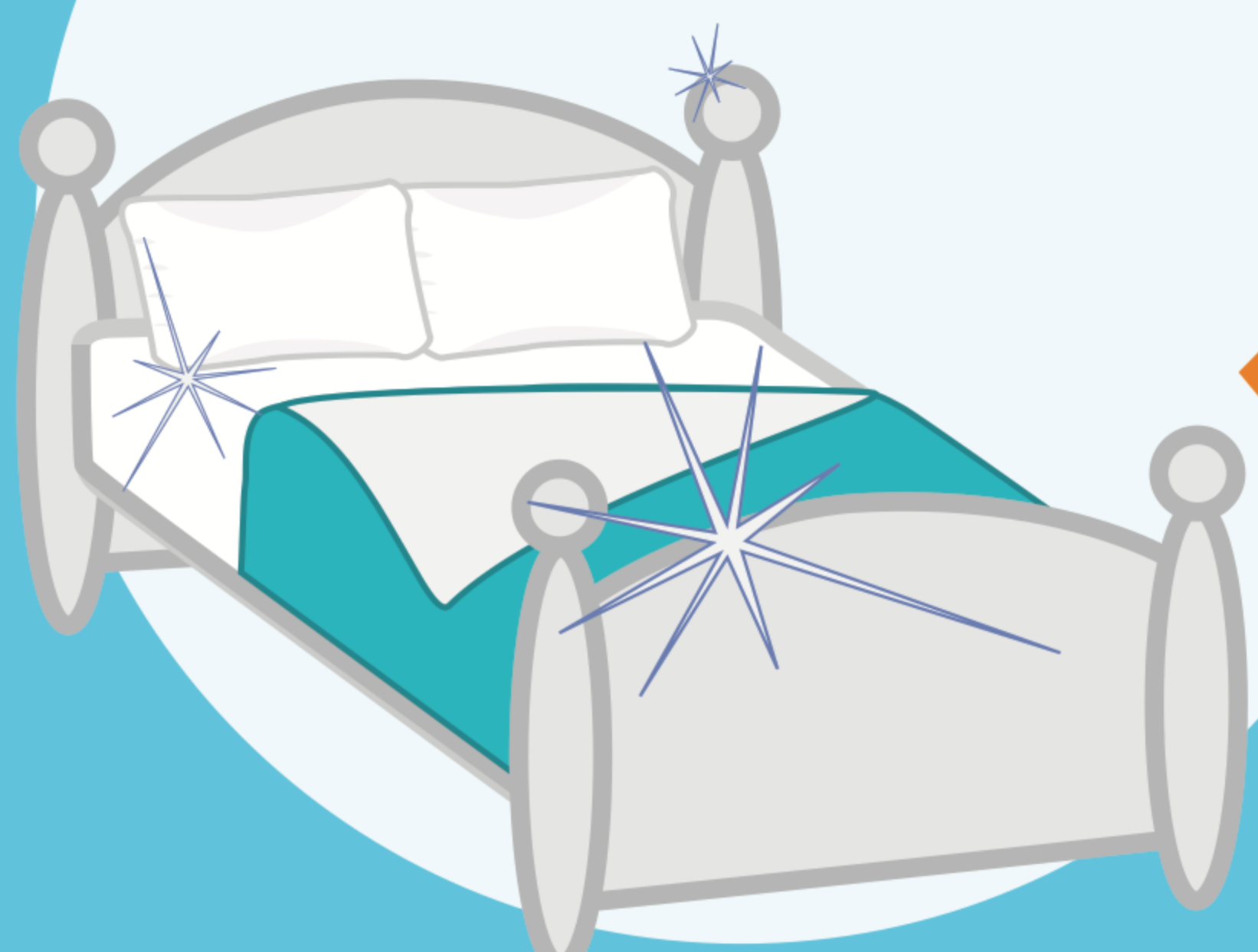
**NO SWEAT**

No Swaddle



7

**SAFE SURFACE**



No super-soft mattress, no extra pillows, no toys,  
no heavy covers

Clear of strings and cords

Pack the cracks: use rolled towels or baby blankets

Cover the baby, not the head

## A Rhyme for Sleep Time



Sing to "Row, Row, Row Your Boat"

No *smoke sober* mom

Baby at your *breast*.

*Healthy* baby on his *back*.

Keep him *lightly dressed*.

Not too *soft* a bed.

Watch the *cords* and *gaps*.

Keep the *covers* off his head

For your nights and naps.