

Safe Sleep

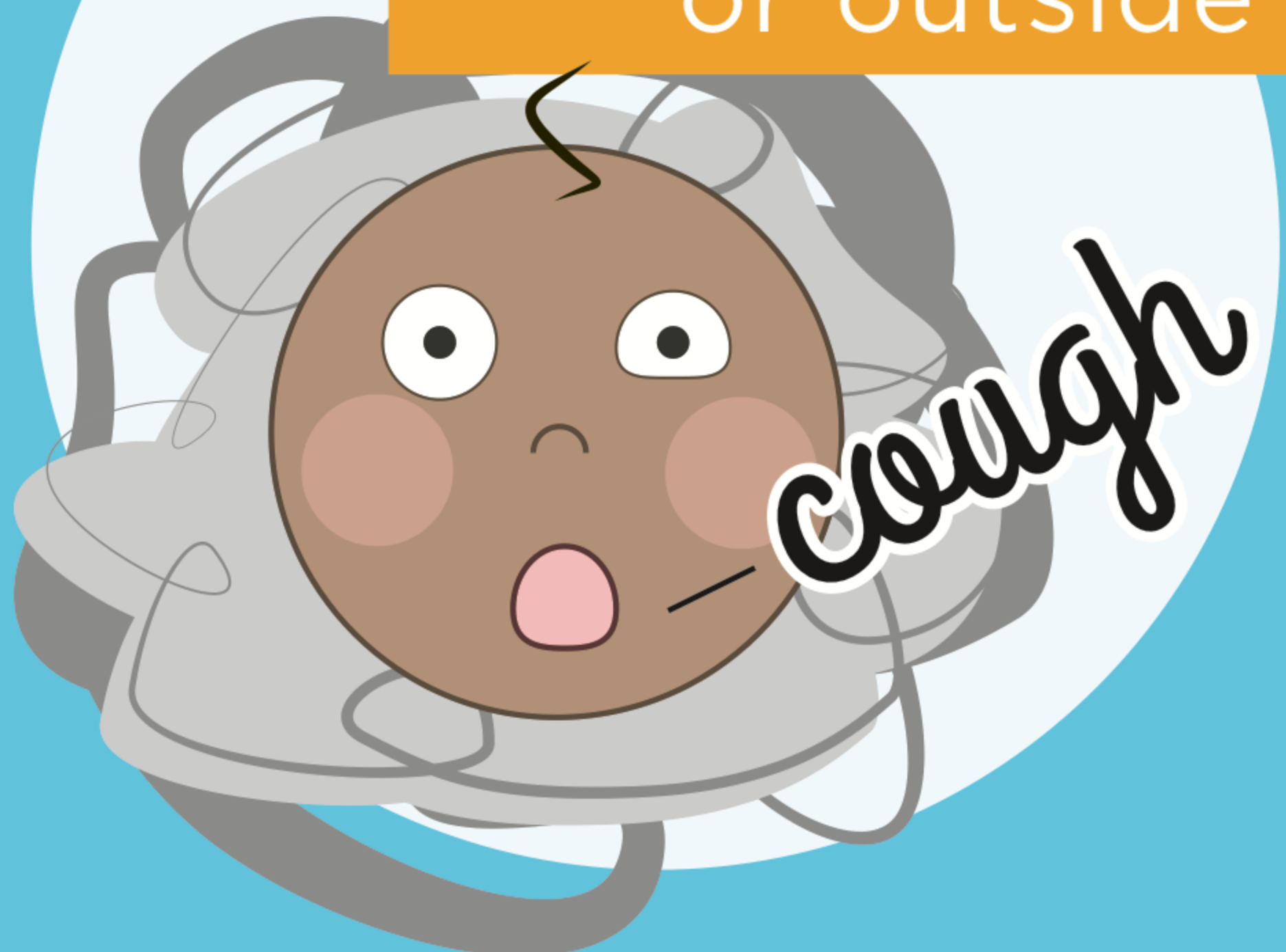
Smart Steps To Safer Bedsharing

Meet all seven and you can *sleep sweet*

1

NO SMOKING

In the home
or outside



2

SOBER PARENTS

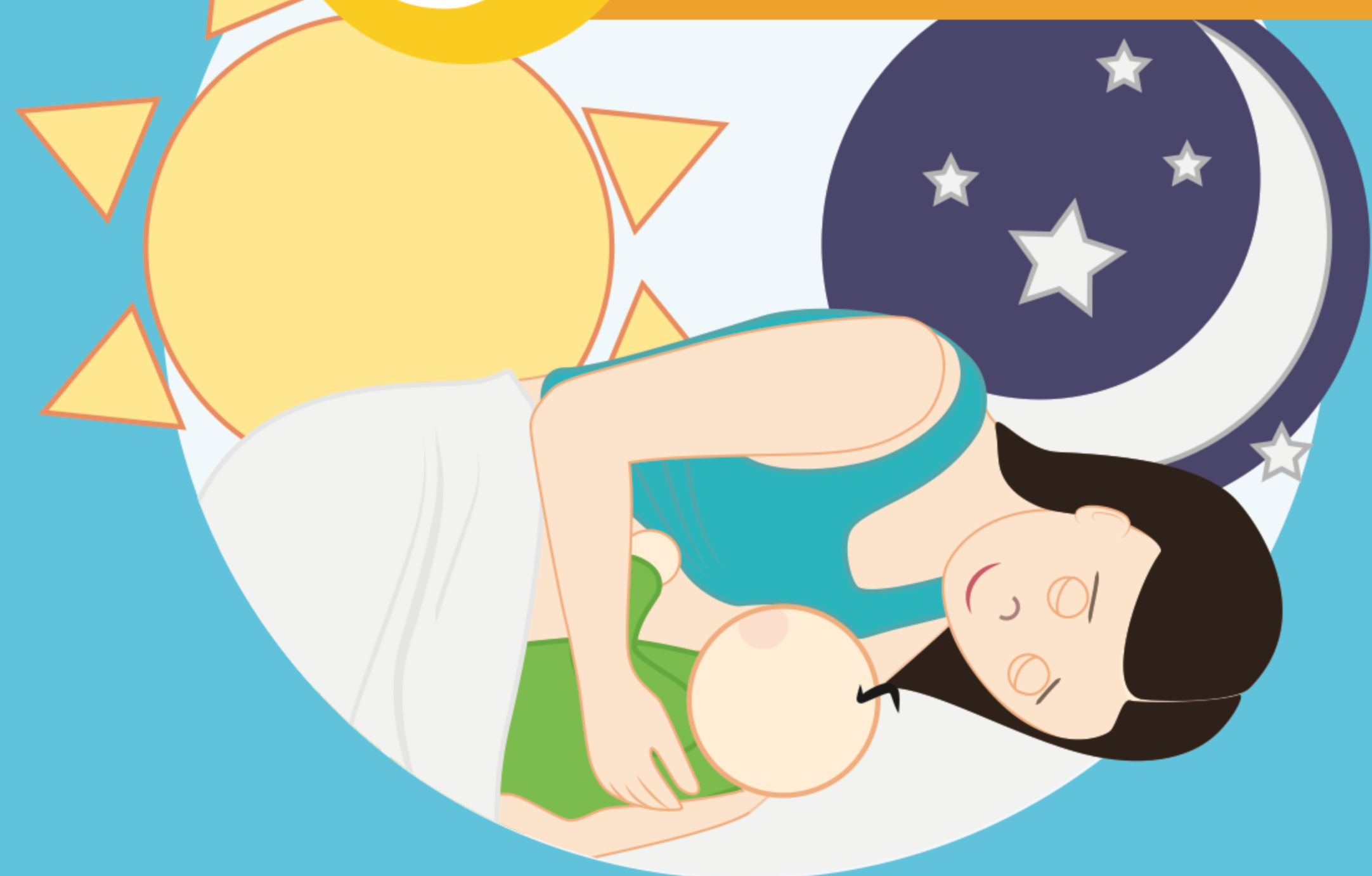
No Alcohol
No Drowsy Meds



3

NURSING MOTHER

Day & Night



4

HEALTHY BABY

Full Term



5

BABY ON BACK



6

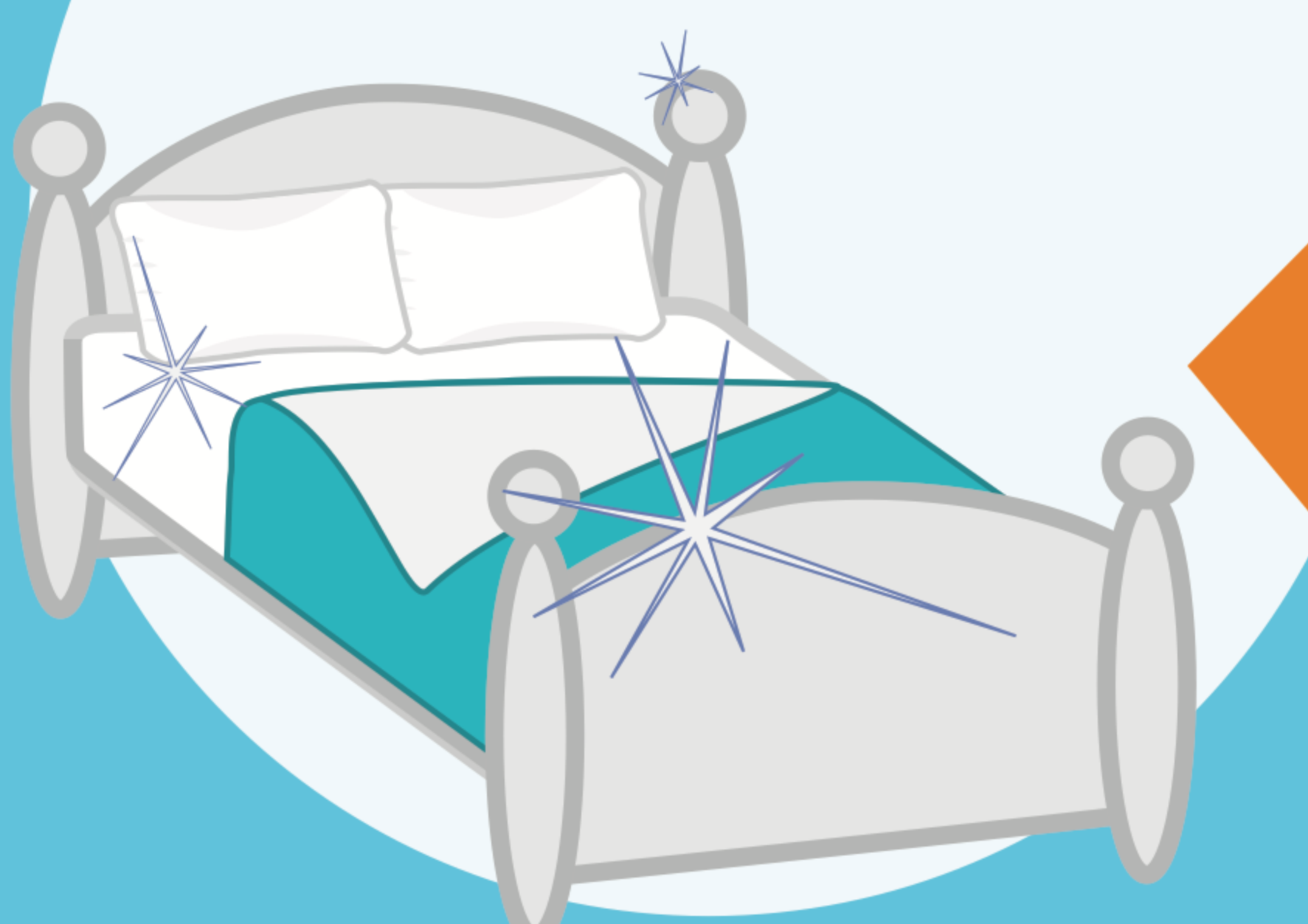
NO SWEAT

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.