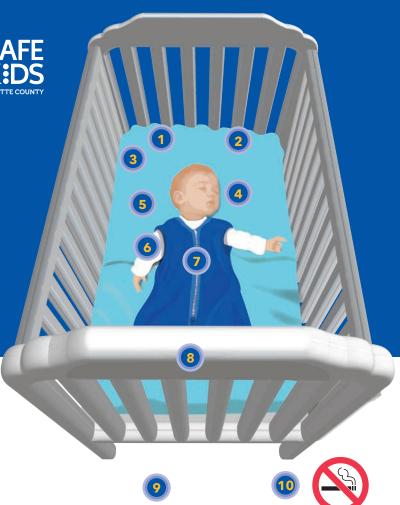




BABY'S **SAFE** SLEEP

LOWER THE RISK OF ACCIDENTAL INFANT SUFFOCATION

- Use a firm mattress with a tight-fitting sheet.
- Do not use wedges or bumper pads.
- Remove toys, stuffed animals and pillows.
- Keep your baby's face and head uncovered.
- Always put healthy babies to sleep on their backs, facing up.
- Keep your baby from overheating by dressing him/her in layers.



- Avoid using blankets, which can cover baby's face. Instead, dress him or her in a sleep sack for warmth.
- Place your baby at the foot of the crib.
- Keep the room temperature between 68° and 75°F.
- Keep cigarette smoke away from your baby.

NO BEDS OR COUCHES

Babies should never sleep on couches, chairs, regular beds or other soft surfaces even with a parent, sibling or caregiver.

CONTACT SAFE KIDS FAYETTE COUNTY AT 859-323-1153 FOR MORE INFORMATION.