

Parenting Tip.....

The ABC's of Safe Sleep for Babies



Alone- Keep soft objects, toys and loose bedding out of the baby's crib. If objects such as toys and soft bedding are in the crib, they can cover a baby's face and impair breathing.

On the Back- Placing babies on their back is the number one way to reduce the risk of SIDS. Always place babies on their backs to sleep.

In a Crib- Place your baby in a safety-approved crib with a firm mattress and well-fitting sheets. Cribs should be free from toys, soft bedding, blankets and pillows. Babies should always sleep in a safety-approved crib for naps and nighttime.

Did you know?

Exposure to secondhand smoke increases your baby's risk of SIDS and respiratory illness. Research also warns of the dangers of thirdhand smoke- the chemicals left behind on skin, hair, clothing in homes and in cars.

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Questions? Call  **CAPS** at 785-825-4493