

On average,  
a baby dies  
every other  
week in our  
community due  
to unsafe sleep  
practices.

ONE

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We lose about 22 babies every year in our community due to unsafe sleep practices – that’s the size of a kindergarten class. Many of these deaths are preventable. Protect your baby by following the simple ABCs of safe sleep:



Babies should always sleep **alone** and in an empty crib. Two out of three babies who died while sleeping were not sleeping alone and were on an adult bed, couch or chair. Share the room, not the bed.



Babies should always sleep on their **backs** because they are less likely to choke than babies who sleep on their stomachs. Babies who sleep on their backs are also able to breathe easier.



An empty **crib**, with a firm mattress and fitted sheet is safest. Bumper pads, pillows, blankets or stuffed animals should not be in the crib as they may cause babies to suffocate or strangle themselves.

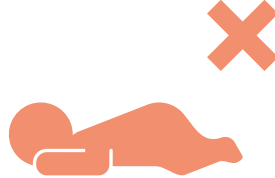
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### Creating a safe sleep environment for your baby:



#### Share the room, not the bed.

Your baby should always sleep alone and in a crib. Your baby shouldn't sleep with you in a bed, on a couch or on a chair.



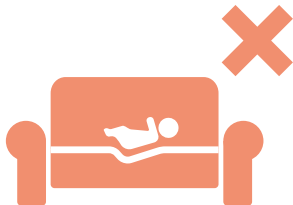
#### Babies shouldn't sleep on their bellies.

Always place your baby on its back for naps and to sleep at night.



#### Don't put anything in the crib.

Keep the crib empty. Don't put pillows, blankets, bumper pads, stuffed animals or other soft toys in the crib with your baby.



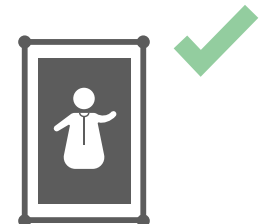
#### It isn't safe for babies to sleep on soft surfaces.

Always put your baby to sleep on a firm sleep surface. A safety-approved crib with a firm mattress and fitted sheet is best.



#### No smoking.

Do not smoke or let anyone smoke around your baby.



#### Follow the ABCs of safe sleep.

Your baby should sleep alone, on its back and in an empty crib.

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Learn more about safe sleep practices at [CelebrateOne.info](http://CelebrateOne.info) or call (614) 645-1762.

