REMEMBERING SAFE SLEEP IS AS EASY AS ABCD!

A — ALONE

Babies should always sleep alone in their own safe sleep environment such as a crib. There should be no blankets, pillows, toys or bumpers inside the crib.

B — BACK

Always place Babies on their Back for nap time and night time sleep. It is the safest position for baby to sleep.

C — CRIB

Babies should be placed in a crib, portable play yard or bassinet with a firm mattress and fitted sheet.

D — DEVELOP A SAFE SLEEP PLAN

Develop a Safe Sleep Plan that describes where your baby will sleep, coping strategies to use when baby is fussy and who you can call for added support when you need help.

Children's Services Council of Broward County
Our Focus is Our Children.

Florida Healthy Start
Broward Healthy Start Coalition

TO CREATE YOUR OWN SAFE SLEEP PLAN GO TO HTTPS://SRHD.ORG/SAFESLEEP

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