



# Sleep Safe ND

ALONE • BACK • CRIB  
FOR EVERY SLEEP

*Did you know that Sudden Infant Death Syndrome, or SIDS, is the leading cause of infant death for babies one month to one year old? Here are some things you can do to help reduce my risk.*

Breastmilk helps make me healthy and strong.



Help keep me safe by not smoking, drinking alcohol, or using drugs before I am born and while caring for me.



The safest way for me to sleep is on my back.



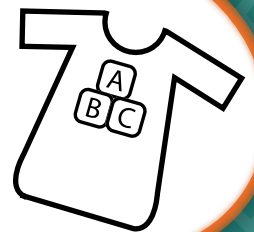
Clean smoke-free air is what I need to stay healthy and safe.

I sleep safely alone in my crib on a firm mattress.



Share a room, not a bed.

Light sleep clothing, like a sleep sack, helps me to sleep comfortably without overheating.



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