The safest place for your baby to sleep is in a crib.

To keep your baby safe from suffocation while sleeping:

1. Keep baby on back when in crib, even during naps.
2. No toys, blankets, pillows or bumper pads in crib.
3. Use a firm mattress with a tight fitted sheet.
4. Keep baby warm with a sleep sack or footed pajamas instead of swaddling with blankets.
5. Don’t smoke and avoid drugs and alcohol while caring for baby.

For more information on how to keep your child safe, visit cookchildrens.org/safefamily