

What does a Baby's safe sleep environment look like?

Lower the risk of Sudden Infant Death Syndrome (SIDS)

Place baby on tummy for supervised play time.



A firm mattress covered by a fitted sheet should be used in a safety-approved crib.

No stuffed toys or loose bedding where your baby sleeps.

Always place your baby on back when sleeping or napping.

Use a light one piece sleeper instead of a blanket in the crib.

To avoid overheating, keep the room temperature comfortable for an adult. (68 - 72 degrees recommended)



No pillows, blankets, or soft bumpers where your baby sleeps.

Nothing should cover your baby's head.

Never allow smoking around your baby.



Need safety info, a home visit or parenting class?
Call the New Parent Support Program for more info
910-449-9501 • Bldg LC4012B
Midway Park Marine & Family Services Annex

