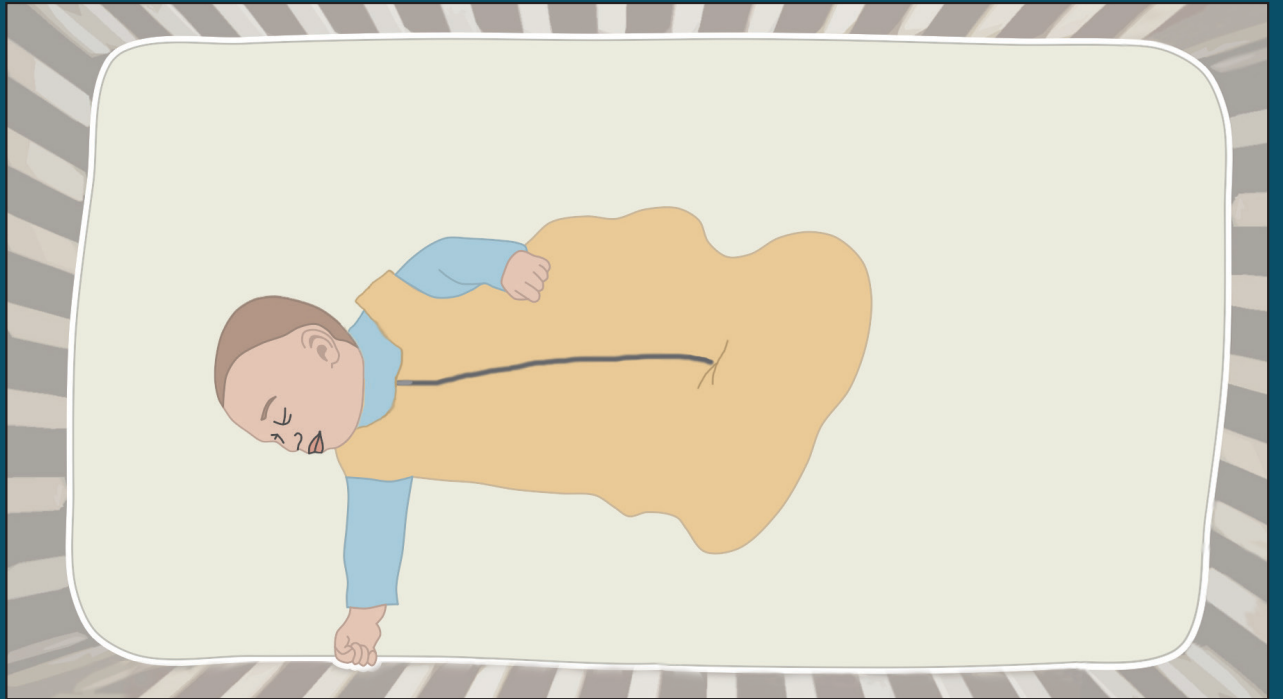
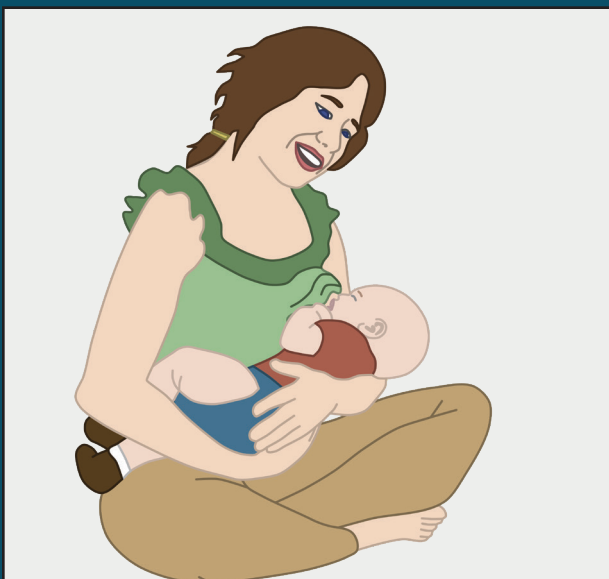
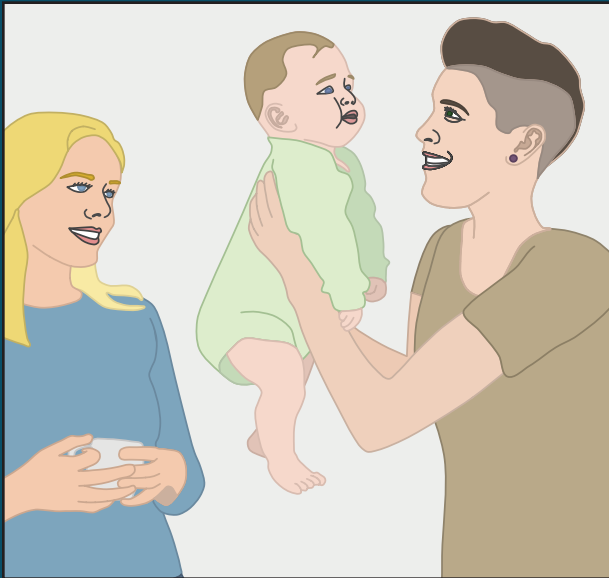


Keep Your Sleeping Baby Safe

All parents care about their baby's safety



Safe sleep guidelines

for babies up to 1 year of age

- ▶ **Put your baby on their back to sleep, every time—at night and for naps.**
- ▶ **Keep your baby near you, but in their own crib.** Sharing your room, without sharing your bed, keeps baby close, comforted and safe.
- ▶ **Don't let your baby sleep on a couch, chair or adult bed.**
- ▶ **Keep the crib free of objects** such as stuffed animals, bumpers and blankets.
- ▶ **Don't use blankets, pillows or baby "positioners"** to prop your baby's head or body.

FOR MORE INFORMATION

If you have questions about your baby's sleep, talk to your health care provider.

Visit the Vermont Department of Health's website:

- For information on safe sleep: healthvermont.gov/safesleep
- For information on finding a health care provider or parenting support: healthvermont.gov/local