



THIS IS UNSAFE

To learn why, see below.

9 BABIES die each day from sleep-related deaths nationwide.*

This includes unintentional suffocation from unsafe sleeping environments like the one shown above.

These safe sleep recommendations could save your baby's life:

1
Room share, don't bed share.

2
A crib is the safest place for your baby to sleep.

3
No toys, blankets, pillows or bumper pads in the crib.

4
Keep baby warm with a sleep sack or footed pajamas instead of swaddling with blankets.

5
Your baby should sleep on their back until he or she is strong enough to roll over.

6
Use a firm mattress with a tight fitted sheet.

For more information on how to keep your baby safe, visit safebabysleep.org

This initiative is led by the Safe Baby Sleep Council:

Alliance For Children
Baylor Scott & White All Saints
Medical Center - Fort Worth
City of Fort Worth
John Peter Smith Health Network

Lake Granbury Medical Center
Tarrant Baptist Association
Tarrant County Public Health
Texas Health Harris
Methodist Hospital Fort Worth

CookChildren's

The Center for
Children's Health
led by Cook Children's

**Centers for Disease Control and Prevention*