



The ABCs of Safe Sleep



Babies under 1 year old sleep best

Alone, on their
Backs, in an empty
Crib.



DO NOT USE

- Toys/stuffed animals
- Loose-fitting sheets
- Blankets
- Pillows
- Crib wedges

DO USE

- Snug-fitting sheets
- Firm, flat, correctly sized mattress
- A pacifier, if needed
- Lightweight onesie





10 Tips for Better Infant Sleep

1. Active play time during the day.
2. Responding quickly to your baby's needs.
3. Keeping the crib in your room for year 1.
4. Keeping a journal of when baby sleeps.
5. Baths, gentle massages, or reading first.
6. Talking or singing to baby before bed.
7. Putting baby in crib when they look tired.
8. If restless, put baby to bed 30 mins early.
9. Play soft music or turn on a fan.
10. Use a warm towel to heat the crib mattress, remove it before baby sleeps.



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