Do not use any products for sleep that aren’t specifically marketed for sleep. Products where the infant is sitting up (e.g., car seats, strollers, swings, carriers, slings) are not recommended for routine sleep.

To keep baby from overheating, make the temperature in baby’s room comfortable enough for a lightly clothed adult.

Always hold the bottle when feeding your baby, since propping a bottle can lead to choking or death.

Hang the baby’s mobile out of reach and remove it once they learn to sit up.

Lower the baby’s mattress when your baby learns to sit, and again when they learn to stand to prevent falling out of the crib.

Don't Risk It!

It is **NOT safe** to put anything in baby’s bed, such as sheepskins, stuffed animals, baby positioners, crib wedges, comforters, pillows, heavy blankets, or bumper pads.

It is **NOT safe** to let your baby sleep on an adult bed, air mattress, beanbag, reclining chair, sofa, waterbed, or any soft surface.

For more information about healthy child development and safe sleep for babies, visit PreventChildAbuseFL.org or scan the QR code.