CRIB CHECK

Does your baby sleep safe?

Far too many babies in Baltimore City die before their first birthday. Many of these deaths happen while the baby is sleeping. Don’t put your baby at risk.

Put your baby to sleep safe.

SLEEP SAFE


NO EXCEPTIONS
Alone.
Most sleep-related deaths occur when babies sleep with an adult or another child, or in an adult bed or on a sofa. Share your room with your baby, but not your bed.

Back.
The safest position for a baby to sleep is on his or her back. Babies are not more likely to choke while laying on their backs. In fact, when a baby is on its stomach, anything spit up can block the air pipe and cause choking or breathing problems.

Crib.
Your baby's sleeping place should be clean and clear. No blankets, pillows, fluffy toys or stuffed animals. Just a tight-fitting sheet on a firm mattress.

No Exceptions.
Your baby should ALWAYS sleep safe: Alone. On his or her back. In a crib. Every night. Every nap. It's just not worth the risk of your baby dying.
¡El Sueño Seguro de tu bebé es más sencillo que el ABC!

Para que tu bebé duerma más seguro debes...

Costarlo solo
evitando la presencia de otras personas, almohadas o juguetes en el lugar donde duerme;

Ubicarlo oca arriba siempre que lo acuestes a dormir;
y evita las posiciones de costado o boca abajo

Siempre acostarlo a dormir en su una.
no lo acuestes en una cama de adulto sofá, almohadón ni otra superficie acolchada.

Si respetas las recomendaciones del ABC del Sueño Seguro, protegerás a tu niño de SMSL (SIDS) y de la sofocación accidental.
Si deseas ordenar un enterito para bebé con las recomendaciones ABC del Sueño Seguro, puedes visitar la página Web www.firstcandle.org

Y si deseas obtener más información acerca de la campaña ABC del Sueño Seguro, puedes comunicarte con First Candle al teléfono

FIRST CANDLE
1-800-221-7437
SLEEP SAFE
NO EXCEPTIONS

HealthyBabiesBaltimore.com

Make sure I sleep safe!

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Every baby counts on you

NO EXCEPTIONS
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HealthyBabiesBaltimore.com
Far too many babies in Baltimore City die before their first birthday. Many of these deaths happen while the baby is sleeping. This video features the stories of real mothers who learned—too late—what can happen when babies don’t SLEEP SAFE. Listen and learn how to make sure that all babies in our communities sleep safely.

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