

Instructions for Bulletin Board

Safe Sleep logo

Help Your Baby Sleep Safe

Picture #1

Safe Sleep ABCs information

Picture #3

Picture #2

Safe Sleep Tips Sheet

Picture #4

Safe Sleep Can be Hard. Your Baby is Worth It. SafeSleepNC.org
QR Code

Help Your Baby Sleep Safe



Remember the ABCs of sleep: Babies sleep safest **A**lone, on their **B**acks, in a firm safety-approved **C**rib, and without blankets, pillows, bumper pads, or toys. Unsafe sleep practices are a leading cause of death for infants in North Carolina.



Safe Sleep

Tips for Creating a Safer Sleep Plan

It is normal for babies to wake often at night, but it can be challenging. Have a plan to make sleep safer when caring for your baby.

1. Share your room with baby, not your bed. Keep baby in your room close to your bed, but on a separate sleep surface designed for infants.
2. Keep baby safer during night-time care and feeding. If you bring baby into your bed for feeding, remove all soft items and bedding from the area. Put baby back in their own sleep space when finished.
3. Consider setting a timer on your phone to wake you in case you fall asleep. If you fall asleep while feeding or caring for your baby in your bed, place him or her back in the separate sleep area as soon as you wake up.
4. Couches and armchairs can be very dangerous for baby. Be mindful of how tired you are, and avoid couches and armchairs for feeding or caring for baby if you think you might fall asleep.
5. Ask someone to stay with you while you're feeding or caring for baby to keep you awake or to place the baby into a safe sleep area if you fall asleep. Or consider taking turns. This means that one caregiver cares for the baby, while the other gets time to sleep.



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Help Your Baby

Sleep Safe

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Babies wake up a lot!

Learn how to make sleep safer at all hours of the day



Nights caring for baby can be long.

Find tips to make sleep safer for baby.





Tell your childcare provider
or babysitter about safe sleep



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Decorate the room,
not the crib



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Share the room

Not the bed



A bare crib is best.

No blankets, bumper pads, pillows, or toys!





Back to bed.

Put baby on their back for every sleep.



Tell others

how and where

your baby should sleep



You love your baby.

Keep them safe while they sleep.



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Safe Sleep
NORTH CAROLINA



Safe Sleep Can be Hard.

Your Baby is Worth It.

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