### Instructions for Bulletin Board



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



## Help Your Baby Sleep Safe



Remember the ABCs of sleep: Babies sleep safest Alone, on their Backs, in a firm safety-approved Crib, and without blankets, pillows, bumper pads, or toys. Unsafe sleep practices are a leading cause of death for infants in North Carolina.



















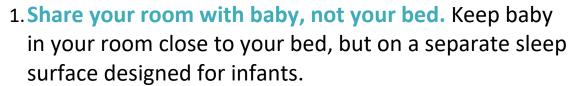


## Tips for Creating a Safer Sleep Plan

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.







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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