

Help Your Baby Sleep Safe To
Prevent Suffocation
& Reduce the Risk of SIDS

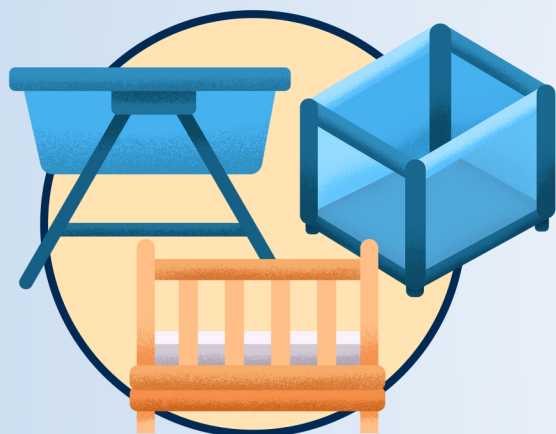


Babies Sleep Safest:



On their back

For every nap and at night. They can breathe better and are less likely to choke.



**In a flat and firm crib,
bassinet, or pack n play**

Not an inclined seat/mattress, adult bed, couch, or soft sided sleeper.



With nothing but baby

In their own separate sleep space without another person, pillows, blankets, or toys.



**Tobacco free and
with a sober caregiver**

Free from smoke and vape.

With a caregiver who is not drinking alcohol, using cannabis, or illegal drugs.



**Watch this short video
to learn more**



For more information talk to your healthcare provider and visit [SafeSleepNC.org](https://www.SafeSleepNC.org)

