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Babies wake up a lot!

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

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Back to bed.

Put baby on their back for every sleep.

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A bare crib is best.
No blankets, bumper pads, pillows, or toys!

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Decorate the room,
not the crib

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Nights caring for baby can be long.
Find tips to make sleep safer for baby.

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Keep baby
and their sleep space
free from smoke and vape

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Share the room
Not the bed

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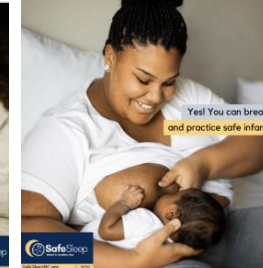
Tell others
how and where
your baby should sleep

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Tell your childcare provider
or babysitter about safe sleep

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Yes! You can breastfeed
and practice safe infant sleep!

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