

Learn the 6 Steps to Sleep Safely Baby **BIRTH TO ONE YEAR**

1

Sleep baby **Alone**

4

Put nothing in baby's
sleep area

2

Sleep baby on
their **Back**

5

Do not overdress
baby

3

Sleep baby in a **Crib**

6

Do not smoke anything
around baby

Alone **B**ack **C**rib
EVERY TIME



Sleep Safely
Baby