

Shhhhhh.....



Photo courtesy HALO Innovations and First Candle

**You can
keep me
safe while
I sleep.**

ALWAYS put me on my **BACK** to sleep for naps and at night.

Keep me **NEAR** you, but in **MY OWN** crib, with a firm mattress and a tight-fitting sheet.

DON'T PUT toys, blankets, pillows, or bumper pads in my crib.

NO SMOKING, please!

BREASTFEED me.

Keep me cool – **DON'T OVERHEAT** me or the room.

1-800-311-BABY (2229)

Toll-free maternal and child health information and referral line

For more information, visit
www.nichd.nih.gov/sids



MA Department of Public Health
TDD/TTY: (617) 624-5992 • Web: www.mass.gov/dph

