

\_\_\_\_\_ 's Safe Sleeping Environment



**A** **A** LONE  
on my **B** ACK  
in a **C** RIB

Weight \_\_\_\_\_ D.O.B. \_\_\_\_\_ Attending \_\_\_\_\_



# SAFE SLEEP

Share your room,  
but not your bed.

Avoid alcohol and  
any drug use during  
pregnancy and after birth.

Don't overdress  
the baby.

Avoid smoke exposure  
during pregnancy and  
after birth.

Keep soft objects or  
loose bedding out of  
the crib.

Use a new, firm  
mattress with a  
tight fitting sheet.

[www.ashline.org](http://www.ashline.org)

**Always put baby to sleep on his or her back.**

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