A LONE on my BACK in a CRIB

Weight ___________________  D.O.B. ___________________  Attending ___________________

SafeSleepAZ.org
### SAFE SLEEP

<table>
<thead>
<tr>
<th>Share your room, but not your bed.</th>
<th>Avoid alcohol and any drug use during pregnancy and after birth.</th>
<th>Don’t overdress the baby.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoid smoke exposure during pregnancy and after birth.</td>
<td>Keep soft objects or loose bedding out of the crib.</td>
<td>Use a new, firm mattress with a tight fitting sheet.</td>
</tr>
</tbody>
</table>

**www.ashline.org**

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