

**Key tips for all caregivers—**

# Safe Sleep

**A safe sleep space includes a:**



- Crib with a flat, firm, and empty surface.
- Cool room
- Nearby caregiver

**The crib should NOT have:**

- blankets
- bumpers
- pillows
- toys or stuffed animals



**Make sure you:**

- Wrap your baby loosely
- Have them sleep on their back
- Stay sober



**And do not:**

- Bed-share
- Sleep with your baby in a chair or sofa

