

# Create a Safe Sleep Environment for Your Baby

Make sure everyone who cares for your baby knows how to keep them safe!

## Here are some basic tips:

- Always put baby to sleep on their back for naps and at night.
- Use a firm surface such as cribs, bassinets, and portable playpens. Use tight fitting bottom sheets.
- Remove bumpers, blankets, pillows, or toys from the sleep area. Even though they look cute, they can cause serious injuries and even death. It is not worth the risk.
- Move your baby's sleep area into the same room where you sleep. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you or with anyone else.
- Do not smoke during pregnancy, and do not let anyone smoke around your baby.

Learn more: [BabyRoomToBreathe.org](http://BabyRoomToBreathe.org)

Source: U.S. Department of Health and Human Services.  
National Institutes of Health. Safe to Sleep Brochure. [nichd.nih.gov/SIDS](http://nichd.nih.gov/SIDS)

