

# Dos & Don'ts of Safe Sleep

## DO



**DO** place your baby on their back to sleep, as recommended by the American Academy of Pediatrics. Consult with your doctor.



**DO** use a crib that meets current safety standards.



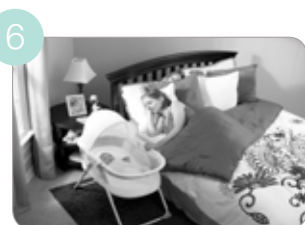
**DO** use a firm mattress that fits snugly in the crib. Cover the mattress with only a tight fitting crib sheet.



**DO** use a sleep sack or other type of sleeper instead of blankets to keep your baby warm and safe at night.



**DO** use a portable crib and/or play yard if a traditional crib is unavailable.



**DO** room share. Place your baby's separate, safe sleep space, like a JPMA certified bassinet, near your bed to protect your baby and make nursing easier.

## DO NOT



**DO NOT** place baby on their side or stomach. These positions are not safe.



**DO NOT** use pillows, blankets, comforters, bulky bumpers, or other soft items in the crib.



**DO NOT** sleep with your baby in a bed, couch or armchair.



**DO NOT** place your baby to sleep on top of any soft surface, like adult beds, water beds, pillows, cushions, comforters and/or sheepskins.

*The*  
**SAFE**  **SLEEP**  
*Campaign*

For more information, visit  
[www.SafeSleepCampaign.org](http://www.SafeSleepCampaign.org) and  
[www.deltachildren.com](http://www.deltachildren.com)