

REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME



Always put your baby on their back to sleep

- ♥ Start at birth and for every sleep.



Share a room with your baby, but not a bed

- ♥ Put your baby in a crib or other safe sleeping place next to your bed.



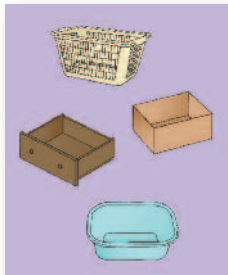
Breastfeed

- ♥ Breast milk reduces the risk of SIDS and has many other benefits for mother and baby.



Make homes and amautiit smoke-free

- ♥ If you are unable to quit completely, smoke less than 5 cigarettes per day.



Avoid loose bedding

- ♥ In a crib, use only a firm mattress and a fitted sheet.
- ♥ If you use a drawer or box, put a thin folded blanket under the baby.