

Stay Close. **Sleep Apart.**

The safest sleep for your baby.

- Always place your **baby on his back.**
- Place your baby's crib, bassinet, baby box or pack and play **next to your bed** in your room for the first 6 months to a year of life.
- Make sure your baby's bed has a **firm, flat surface with a fitted sheet.**
- **No blankets, toys, pillows or bumpers** in your baby's bed.
- **Breastfeed** your baby.
- **No smoking** in your home.
- **No one under the influence of drugs or alcohol** caring for your baby.
- **Never sleep on a sofa or chair** with your baby.
- If your baby falls asleep in a swing, car seat or other place, **move her to her crib to sleep.**
- Offer your baby a **pacifier for naps or sleep** at night.
- **Keep the sleep space cool** to avoid overheating.



To learn more, call the St. Joseph County Health Department at **574-245-6756** or visit **sjchd.org** and click on "**health education.**"