

SAFE FROM A TO Z'S

Putting your baby to sleep safely

Safe sleep can be simple. You don't need special gadgets or the internet. All you need are the ABCs of safe sleep.

STRONG⁴LIFE™



A

is for alone

Always put your baby to sleep **alone**. Co-sleeping puts your baby at risk of suffocation.

B

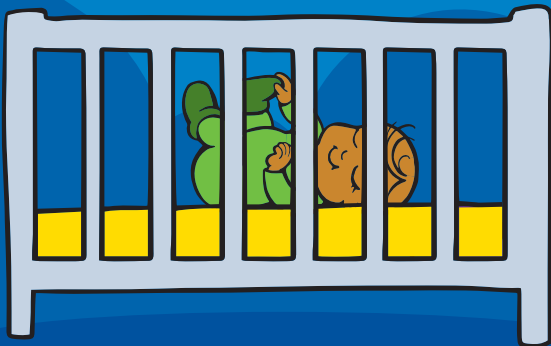
is for back

Babies should always sleep on their **backs** on a firm surface, to keep their airway open.

C

is for clear

Your baby's sleep space should be **clear** of blankets, pillows, toys, and crib bumpers. These items could suffocate or strangle your baby.



[Strong4Life.com/SafeSleep](https://www.strong4life.com/safe-sleep)

Putting Popular Sleep **Myths** to Rest



Myth #1

My baby will get cold, so they need a blanket.

Fact

A safe sleep environment should be clear of blankets, pillows, stuffed animals, etc. If you think your baby needs a blanket, a sleep sack is the safest option.



Myth #2

I can co-sleep safely as long as I'm careful.

Fact

Co-sleeping is never recommended. Even with positioning devices, the risk of suffocation is much higher than if your baby were alone in their own crib or bassinet.

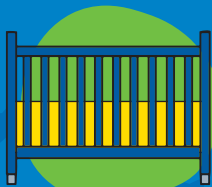


Myth #3

It's OK to put my baby to sleep on their stomach.

Fact

Your baby's neck muscles aren't strong enough to help them adjust their position if their airway is blocked. Back is always best for putting baby to sleep.



Myth #4

My baby needs to sleep at an incline to help with reflux.

Fact

An inclined position is dangerous because it can block your baby's airway, making it difficult to breathe.