



*the*  
**ABCs** OF **SAFE SLEEP**

Did you know that one of the most important things you can do to keep babies healthy and safe is to follow safe sleep guidelines? Learn the ABCs of safe sleep:

**A** Your baby should always sleep **ALONE**.

**B** Your baby should always be on his or her **BACK** to sleep.

**C** Your baby should always sleep in a safe empty **CRIB** with a firm mattress.

I sleep safest

**Alone** ♥ **ON my Back** ♥ **in a Crib**

Safe Sleep Committee 937.225.4981