



UNITED WAY
Southwest Virginia



WHAT IS SAFE SLEEP?

Safe sleep is all about giving babies a safe, simple place to rest so they can sleep soundly and grow healthy. It means placing baby on their back in a crib with a firm, empty sleep space. These easy steps help keep your little one safe every sleep time.



ALONE

BACK

CRIB

Your baby sleeps alone in their own space. Keep blankets, pillows, stuffed animals, bumper pads, and other loose items out.

Always place your baby on their back for every sleep, including naps and nighttime. It's the safest position for babies.

Your baby sleeps in a safety-approved crib, bassinet, or play yard with a firm, flat, mattress and fitted sheet only. No additional accessories.

For safety, avoid letting your baby sleep in car seats, swings, bouncers, or inclined sleepers. If they fall asleep move them to a flat surface as soon as possible.

SCAN
ME!



HAVE QUESTIONS?

Contact your Flourish Coordinator!
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