



Separate. But together.

The safest place for your baby to sleep is in a crib.

To keep your baby safe from suffocation while sleeping:

- 1 Keep baby on back when in crib, even during naps.
- 2 No toys, blankets, pillows or bumper pads in crib.
- 3 Use a firm mattress with a tight fitted sheet.
- 4 Keep baby warm with a sleep sack or footed pajamas instead of swaddling with blankets.
- 5 Don't smoke and avoid drugs and alcohol while caring for baby.

For more information on how to keep your child safe, visit
cookchildrens.org/safefamily