

# A

is for alone



# B

is for back



# C

is for crib



## Practice the ABCs of Safe ZZZ's

It's as easy as 1-2-3. Stop guessing what's best for your baby. When your baby sleeps alone, on their back and in a separate but nearby sleep space, you'll help prevent the risk of suffocation.



Scan now to take the quiz for your chance to win a top-rated video baby monitor.

**ABCsofSafeZZZs.org**



**Nearly 1,000 babies die in the U.S. every year from sleep suffocation.**

### Here's a few tips to practice the ABCs of safe ZZZ's to prevent suffocation:

- ✔ Place baby on his/her back for every nap and at night
- ✔ Keep baby alone in a crib, bassinet or pack-n-play near where you sleep at night
- ✔ Chose a firm mattress with a fitted sheet
- ✔ Dress baby in a wearable blanket or onesie for every sleep
- ✔ No blankets, pillows, crib bumpers or toys in baby's sleep space

Contact us for more safe sleep information, training and resources.

**nefhealthstart.org**  
**904.723.5422**

 **Northeast Florida Healthy Start**  
COALITION, INC.