



A

is for alone



B

is for back



C

is for crib

ABCsofSafeZZZs.org

Practice the ABCSs of Safe ZZZ's

Following safe sleep practices helps your baby increase the likelihood of celebrating his/her first birthday and they're as easy as 1-2-3. Stop guessing what's best for your baby and start using these safe sleep practices today.

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



Learn more about keeping your baby safe in their sleep.

[ABCsofSafeZZZs.org](https://www.ABCsofSafeZZZs.org)

- ☐ Place babies on their back for every sleep — naps and at night - until they're one-year old.
- ☐ Babies should be put to sleep on a firm, flat surface with a fitted sheet in their own crib, bassinet or pack-n-play.
- ☐ Dress baby in a wearable blanket (sleep sack), onesie or similar clothing for every sleep (blankets can cover a child's airway or make them too warm).
- ☐ Remove accessories from a baby's sleep area including toys, blankets, pillows and bumper pads.
- ☐ Share your room, not your bed. Be sure to place baby's crib or bassinet in your bedroom instead of allowing baby to sleep in the same bed as you.
- ☐ Follow the manufacturer's instructions when assembling baby's crib, bassinet or pack-n-play.
- ☐ Never use products not specifically designed for infant sleep including Boppy® or other nursing pillows.
- ☐ Set an alarm when feeding/nursing baby. Be sure to return baby to their safe sleep area.

Contact us for more safe sleep information, training and resources.
nefhealthystart.org • 904.723.5422

Sources: American Academy of Pediatrics and Safe Kids Worldwide