

A baby is lying on its back in a wooden crib, looking up. The crib has vertical wooden slats. The background is dark and out of focus.

A

is for alone

A baby is lying on its back, leaning against the headboard of a wooden crib. The baby is wearing a white onesie and looking to the side. The headboard is made of light-colored wood.

B

is for back

A close-up shot of a baby's hand reaching up towards a wooden slat of a crib. The hand is open, with fingers spread. The background shows more of the crib's structure and a soft-focus interior.

C

is for crib

ABCsofSafeZZZs.org

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.

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