

Bedtime. Naptime. Anytime.

Babies are safest sleeping **ALONE**, on their **BACK**, in their own **CRIB**.

A photograph of a young child with dark skin and curly hair, wearing a grey long-sleeved cardigan, lying on their back on a patterned blanket in a crib. The child's eyes are closed, and they appear to be sleeping peacefully.

A

Alone

B

Back

C

Crib

Babies are safest, sleeping alone on their backs, in their own crib, portable crib or bassinet.

It is dangerous to sleep with your baby or allow your baby to sleep with another child.

Use a firm sleep surface and fitted sheet (without bumper pads, blankets or toys).

Keep your baby safe.



Akron
Children's
Hospital