BABY

Always put me on my back to sleep.

I breathe mostly out of my nose, so when I sleep on my tummy it's hard to get air.

I'm not more likely to choke if I'm sleeping on my back.

I will turn my head if I spit up.

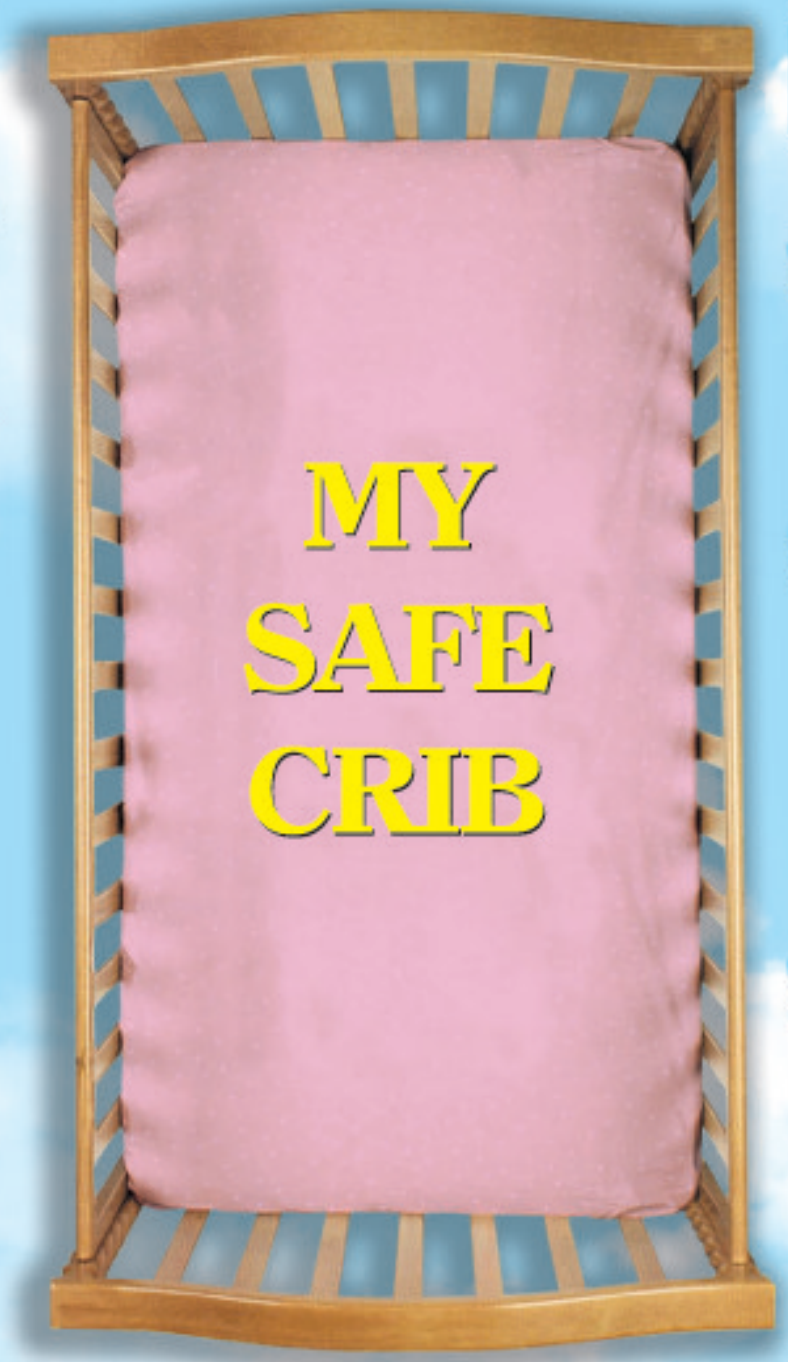
Don't worry about flat spots on my head.

Changing the way I'm facing when I'm lying down and giving me "tummy time" when I'm awake can prevent flat spots from forming on my head.

If they do form, they tend to go away a few months after I am able to sit up on my own.

You can help me breathe better by making sure my face is not covered.

Put me in a sleeper so I don't need any covers. Overbundling me does not help me sleep safe.



CRIB/SLEEP AREA

I need to always sleep alone in my crib.

Don't put me in bed with other children, adults or pets. I could suffocate and die.

Always make sure there is nothing in my sleep area.

I don't need any stuffed animals, pillows, bumper pads or quilts while I sleep. My face might get pushed up against them and I'm not strong enough to free myself.

I need a firm mattress with tightly fitting sheets.

Don't put me on the couch, a waterbed or anything soft. I don't mind lying on the floor if it's clean and safe. Just put me on a receiving blanket.