_____ 's Safe Sleeping Environment

Alone. Back. Crib. This is what a safe sleep environment looks like.

Unsafe sleep environments are a main cause of Sudden Unexpected Infant Death (SUID).
The majority of SUID cases are preventable.

strongfamiliesaz.com/abcsafesleep

ARIZONA DEPARTMENT *of* **CHILD SAFETY**

STRONG FAMILIESAZ Arizona's home visiting alliance

ARIZONA DEPARTMENT OF HEALTH SERVICES

Safe Sleep

alone

back

crib

Use a new, firm mattress with a tight fitting sheet and keep soft objects out of the crib

Don't overdress the baby

Once baby is asleep, place them in their own sleeping environment

Tummy time should be while both baby and caregiver are awake

Avoid alcohol, drug and tobacco use during pregnancy and after birth

Check out our podcast episode on Safe Sleep

Always put baby to sleep on his or her back