



FAMILY GUIDANCE
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zZ Safe Sleep Tips for Your Baby

Because rest helps everyone grow!

Back to Sleep, Every Time

- Always place your baby on their back for naps and bedtime.
- Once baby can roll both ways on their own, it's okay to let them find their own position – but always start on the back.

Keep the Crib Clear

- Use a firm, flat mattress with a fitted sheet.
- No pillows, blankets, bumpers, toys, or stuffed animals.
- Dress baby in a wearable blanket or sleep sack instead of loose covers.



Baby Sleeps Safely Alone – but Close By

- Baby should share your room, not your bed.
- Place baby's crib, bassinet, or play yard right next to your bed for the first 6–12 months.

Avoid Overheating

- Keep the room at a comfortable temperature – if you're comfortable in a T-shirt, baby probably is too.
- No hats or heavy blankets during sleep.

No Smoking or Vaping Near Baby

- Smoke exposure increases the risk of SIDS (Sudden Infant Death Syndrome).
- Keep baby's sleep area and home completely smoke-free.

Know When to Take a Break

- If baby won't stop crying and you feel overwhelmed, put baby safely in the crib and step away for a few minutes.
- It's always okay to ask for help or take a moment to calm down.

♥ **Remember: “Alone, Back, Crib”**

That simple phrase helps keep babies safest while sleeping.



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