



**An empty crib  
is a  
safe sleep  
environment**

Safety is parents' #1 concern for their children. By working together, we can make sure our children thrive in a safe, healthy environment.

## **Safe Babies, Safe Kids**

**Middlesex District Attorney  
Marian Ryan**



**Let Your Baby Breathe!**

Always place baby on his/her back to sleep in a separate sleeping area.

Do not smoke during pregnancy, and do not allow smoking around baby.

Keep baby's sleep area free of pillows, soft or loose bedding, padded bumpers, soft objects, and toys.

Place baby on his/her back in a safety-approved crib with a firm mattress and a tightly fitted sheet.

Prevent overheating by not overdressing baby and keeping room temperature between 68-72°.



Never bed-share with your baby. Your baby should always sleep in a separate sleep area close to where you or others sleep.

Give baby plenty of Tummy Time when awake and when someone is watching.

Frequently check on baby and call 911 immediately if he/she is not responding.

Talk to ALL baby's caregivers about the importance of safe sleep practices.

