

The **A B C**s of **SAFE SLEEP**

Place crib in same room where you sleep.



Baby should sleep in their own crib with a firm mattress and tight, fitted sheet.

A

Alone

Baby should sleep in parent's room, separate flat sleep surface.

B

Back

Baby should always sleep on their back for every sleep.

C

Clutter-Free Crib

Avoid using soft bedding including crib bumpers, blankets, pillows and soft toys.



Learn more about safe sleep at:

KidsKS.org



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