

Your Baby Matters



Reduce the Risk of SIDS: Sudden Infant Death Syndrome

- ♥- When awake, babies need supervised time on their tummies
- ♥- Place your baby on his/her back to sleep
- ♥- Your baby needs to sleep on firm, flat bedding
- ♥- Avoid overheating & overdressing your baby
- ♥- Provide a smoke- & drug-free place for your baby
- ♥- Breastfeeding is best



Back-to-Sleep



Tummy-to-Play