

# Keep your baby sleeping safely!

Alaska babies die every year from unsafe sleeping conditions. Many of these deaths are preventable.

## It's as simple as **A, B, C.**

Babies are **SAFEST** when they sleep:

- ▶ **A**lone
- ▶ **B** on their **B**acks
- ▶ **C** in their **C**ribs

## Your baby needs lots of room to breathe.

When babies don't sleep in cribs, help protect them by putting them to sleep:

- ▶ On their backs on a firm surface.
- ▶ In places where there is no risk of falling or being trapped by furniture or walls.
- ▶ In places where there is nothing nearby that could block their breathing, like a blanket, pillow, toy, or person – especially one under the influence of alcohol, drugs, or medications.
- ▶ In a tobacco-free environment.



Contact the Section of Women's, Children's, & Family Health at 907.269.3400 or <http://dhss.alaska.gov/dph/wcfh/Pages/perinatal/> for pamphlets or information.