



Safe Sleep For Your Baby



**Do Not
Smoke**

**No
Bumper Pads
or Pillows
in Crib**

**No Toys
in Crib**

**Put Baby
to Sleep
in Crib**

**Use a
Tight Fitting
Sheet**

**Put Baby
on Back
to Sleep**

**Baby Should
Sleep on a Firm
Mattress**

**Do Not
Overheat or
Overdress**

Remember the **ABC's** of Safe Sleep:
Babies should sleep **A**lone, on their **B**ack, and in a **C**rib.

Tennessee Department of Health
safesleep.tn.gov