

HOW TO CREATE A SAFE SLEEPING ENVIRONMENT FOR YOUR BABY

B: BACK IS BEST WHENEVER SLEEPING.

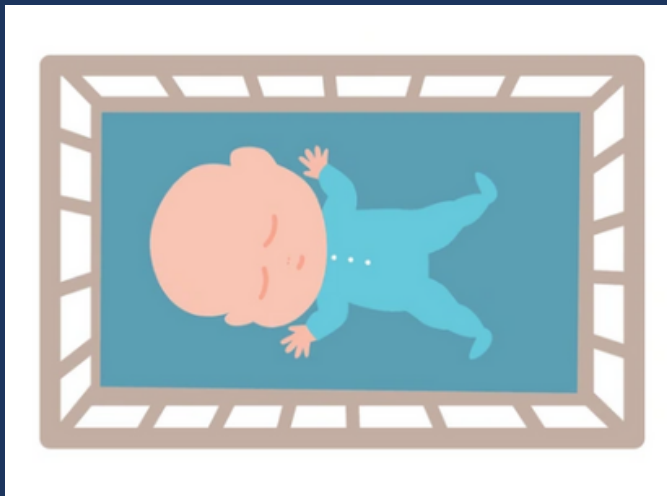
E: ENSURE BABY'S HEAD IS UNCOVERED.

S: SLEEP IN THE SAME ROOM, NOT THE SAME BED.

A: AREA SHOULD BE CLEAR OF OBJECTS.

F: A FIRM, FLAT, MATTRESS SHOULD BE USED.

E: EVERY TIME, NO EXCEPTIONS.



WHAT IS YOUR 2AM PLAN?

WHO WILL FEED THE BABY IN THE MIDDLE OF THE NIGHT?

BREASTFEED OR BOTTLE FEED?

HOW WILL YOU STAY AWAKE AND MAKE SURE THE BABY IS SAFE?

TALK ABOUT THESE THINGS WITH YOUR FAMILY/SUPPORT TEAM BEFORE YOUR BABY COMES HOME.

For more information and resources, please visit www.alpqc.org or scan the QR code below to visit the CDC website on safe sleep:

