

Keep your baby
safe during sleep,
every night and
every nap.



 B'more for
Healthy Babies.
Every baby counts on you





Alone.

Most sleep-related deaths happen when babies sleep with someone in a bed or on a sofa. Share your room with your baby, but not your bed.



Back.

Your baby should sleep on his or her back. This is the safest position for your baby to sleep. Babies are not more likely to choke while laying on their backs. But when a baby is on its stomach, anything spit up can block the air pipe and cause choking or breathing problems.



Crib.

Your baby's crib should be clean and clear. No blankets, pillows, fluffy toys, stuffed animals or crib bumpers. Just a tight-fitting sheet on a firm mattress.



Don't smoke.

Keep smoke away from your baby – no cigarettes, marijuana, or vaping in your home.

No Exceptions!

Always follow these steps so your baby stays safe.

Do you need a crib? Call 410-649-0500 to find out if you can get a crib for free.

Call these numbers for support 24 hours a day:

- Learn how to deal with a fussy baby: **1-800-243-7337**
- Find treatment for substance use or mental health problems: **410-433-5175**
- Get help with quitting tobacco: **1-800-784-8669**

Visit www.healthybabiesbaltimore.com