



For a safe
night's sleep,

ONLY PUT YOUR BABY ON ITS BACK.

The American Academy of Pediatrics advises you to always place your healthy baby on its back to sleep. Also, remember:

- A pacifier is recommended from the ages of one month to one-year old.
- Keep your baby's room at a comfortable temperature.
- Dress your baby in as much or as little as you would wear.
- Do not put bumper pads on the sides of the crib.
- Place your baby on a firm mattress.
- A safe sleep environment for your baby is in their own bed, not in bed with you. You should place your baby's bed nearby yours.
- Take all pillows and stuffed toys out of the crib.
- Never allow smoke around your baby and do not smoke when pregnant.

To learn more about SIDS, call 1-800-221-SIDS (7437).

Brought to you by the Louisiana Department of Health and Hospitals, Office of Public Health.