

What does a Baby's safe sleep environment look like?

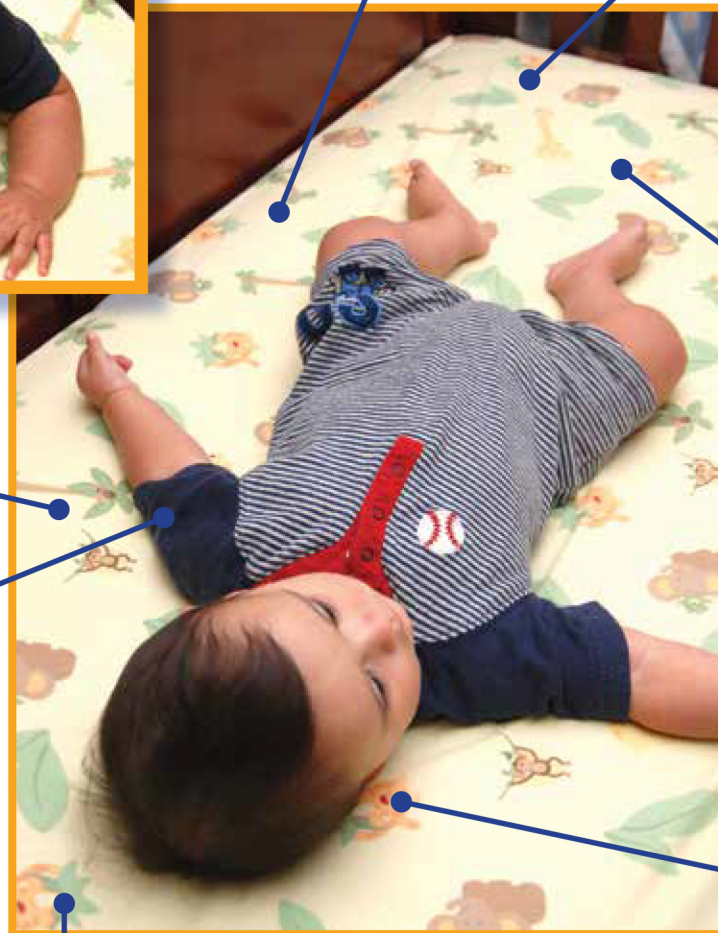
Lower the risk of Sudden Infant Death Syndrome (SIDS)

Place baby on tummy for supervised play time.



A firm mattress covered by a fitted sheet, should be used in a safety-approved crib.

No stuffed toys or loose bedding where your baby sleeps.



No pillows, blankets, or soft bumpers where your baby sleeps.

Nothing should cover your baby's head.

Always place your baby on back when sleeping or napping.

Use a light one piece sleeper instead of a blanket in the crib.

To avoid overheating, keep the room temperature comfortable for an adult. (68 - 72 degrees recommended)

Never allow smoking around your baby.

Need safety information or a home visit?

Visit us at the Family Services Center on Laurel Bay.

843-228-6565

mccs-sc.com/mil-fam/npssp.shtml