

“It’s so important to learn that you need to safe sleep your baby alone, on the back, in the crib always.”

– DJ Waynee Wayne, 102.5 KSFM Sacramento

“We can reduce the risk of babies dying while sleeping. Cribs are the safest places for babies to sleep. It is not safe for babies to sleep with stuffed animals, pillows, comforters or bumpers in their crib or sleep area.”

– Pediatrician and new mom



## Your Baby’s Safety Comes First

Every other week in Sacramento County, a baby dies while sleeping. Half are African American.

This is a tragedy you can prevent.

Don’t let your baby suffocate to death. Keep these rules:

- No sleeping in adult beds, couches, recliners, futons or swings.
- No sleeping with adults and other children.
- No sleeping with pillows, blankets, stuffed animals or other soft objects.

## Find FREE Resources in Your Community

Safe Sleep Workshops

and Free Cribs

Call (916) 244-1900

[www.thecapcenter.org](http://www.thecapcenter.org)

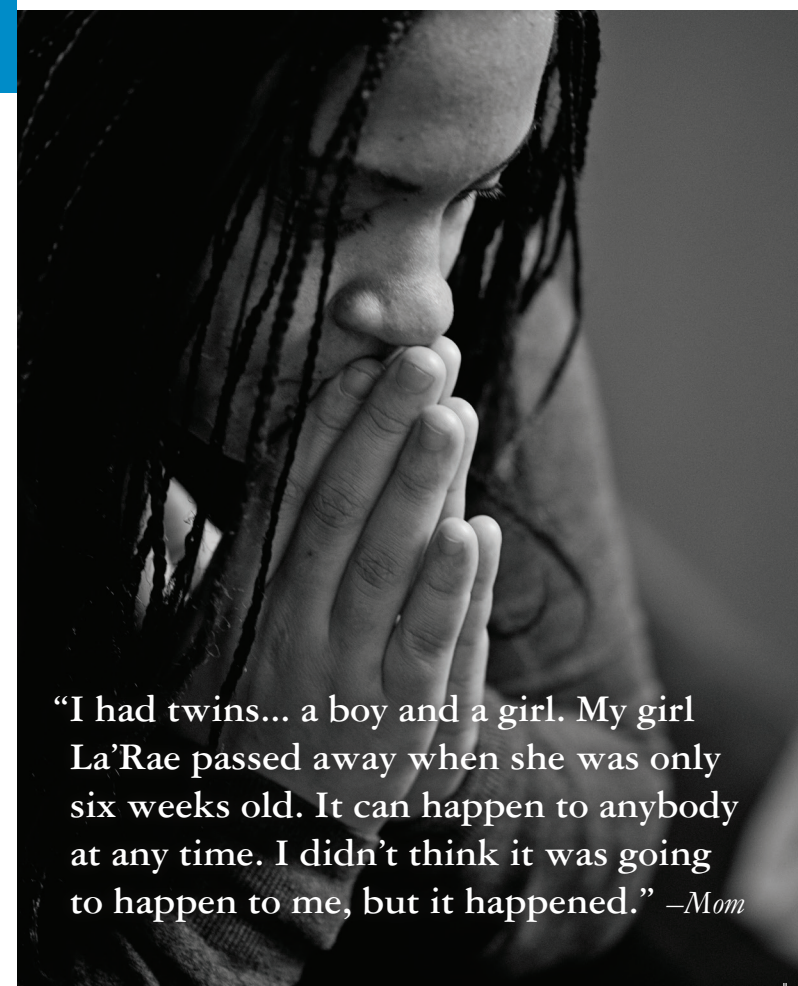
[SacHealthyBaby.com](http://SacHealthyBaby.com)



Funding is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero through five. Additional information about the First 5 Sacramento Commission is online at [www.first5sacramento.net](http://www.first5sacramento.net) or by calling (916) 876-5865.

## Safe Sleep Baby

**A**LONE  
**B**ACK  
**C**RIB  
**ALWAYS!**



“I had twins... a boy and a girl. My girl La’Rae passed away when she was only six weeks old. It can happen to anybody at any time. I didn’t think it was going to happen to me, but it happened.” –Mom

# Keep Your Baby Safe While Sleeping

LEARN THE 6 STEPS TO ALWAYS SAFE SLEEP YOUR BABY



- 1** Put your baby to sleep **ALONE** in his/her crib or bassinet. Do not sleep with your baby, and do not let other children sleep with your baby.
- 2** Put baby to sleep on his/her **BACK** for every sleep. Doctors know “Sleep on Back” will **NOT** increase baby’s risk of choking.
- 3** Use a **CRIB** or bassinet to sleep your baby. Firm crib mattresses with fitted sheets are the safest place for your baby to sleep. Do not place baby to sleep in an adult bed, couch, recliner or swing.
- 4** Do not place any objects in your baby’s crib or bassinet, such as pillows, blankets, bumpers, stuffed animals or other soft objects.
- 5** Do not dress baby too warmly when sleeping. If you are comfortable, baby is comfortable.
- 6** Do not allow anyone to smoke **ANYTHING** around baby.

Spread the **SAFE SLEEP BABY** message to your family, friends and others who care for your baby.

Learn more at [www.thecapcenter.org](http://www.thecapcenter.org)

“I just plead with all parents, put the baby in a safe place to sleep just like it’s a law. Make that your law, your statement, what you’re going to do every time the baby goes to sleep.” – Mrs. Nelli, Grandmother of two