

# ABCs OF SLEEP

Tummy time blankets (or any toys or objects) should never be placed with your child to sleep. Experts recommend the ABCs of safe sleep for infants and babies.

## **A - Alone**

... Always let the baby sleep alone

## **B - Back**

... Infants should be placed to sleep on their backs (never on their sides or stomachs)

## **C - Crib**

... Always put your child to sleep in a crib with only a firm mattress and tight-fitting sheet



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