



# Remember the **A B C's** of safe sleep!

Babies sleep safest when...

They sleep

**A**LONE

on their

**B**ACK

in an uncluttered

**C**RIB



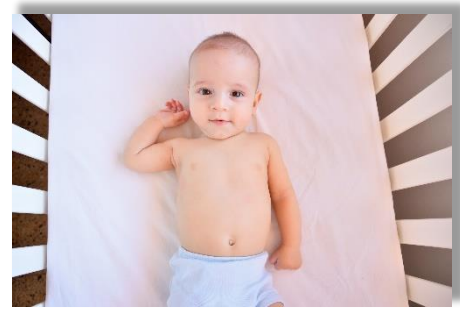
## 4 Tips for Parents and Caregivers to help baby sleep safely:

1



Place your baby on his or her back for all sleep times – naps and at night.

2



Use a firm sleep surface, such as a mattress in a safety approved crib.

3



Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.

4



Have baby share your room, not your bed.



**Healthy Start** CARE  
COMMUNITIES THAT

## Perinatal Navigator Contact Information

### Daviess County

(812) 254-2760 Ext. 1333 or

(812) 698-6042 (call or text welcome)

### Dubois/Martin County

(812) 309-3983

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### Greene County

(812) 847-4481 Ext. 7158 or

(812) 665-0311 (text only)



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