



Safe Sleep For Your Baby



Do Not Smoke



No Toys in Crib



Put Baby to Sleep in Crib



Put Baby on Back to Sleep



**No Bumper Pads or
Pillows in Crib**



Use a Tight Fitting Sheet



Do Not Overheat or Overdress



**Baby Should Sleep
on a Firm Mattress**

Remember the **ABC's** of Safe Sleep:
Babies should sleep **A**lone, on their **B**ack, and in a **C**rib.

Tennessee Department of Health
safesleep.tn.gov



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