



Put them to bed as if their life depends on it. Because it does.

Babies sleep safest in a bare crib. Unsafe practices such as putting pillows, blankets, and toys in your baby's crib can lead to suffocation and even death.

Babies sleep safest on their backs. It makes it easier for them to breathe, and they are less likely to choke if they spit up.

Babies sleep safest alone, not in bed with you or anyone else. Tired parents can accidentally roll over, causing their baby to suffocate.



No pillows



No blankets



No toys



**Not on their
belly**



**Not in bed
with you**

To learn more about Safe Sleep visit
nyc.gov/safesleep or call 311.



Administration for
Children's Services

Department of Health
& Mental Hygiene