



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

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, on their backs, in a bare crib or bassinet – not in bed with you.



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.**

#NYCSafeSleep



**Administration for Children's Services
David A. Hansell
Commissioner
Department of Health & Mental Hygiene
Mary T. Bassett, MD, MPH
Commissioner**



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Babies sleep safest in a bare crib. Loving but unsafe practices like putting pillows, blankets, and toys in your baby's crib can lead to suffocation and even death.

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Babies sleep safest alone. Tired parents can fall into a sound sleep and accidentally roll over, causing their baby to suffocate.

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