

Safe Sleeping Reminders



Focus on wakeful periods and put me to sleep before I become over-tired.



It is not safe for me to sleep on an incline, even if I have reflux.



My room should be between 68°F and 72°F



I love my stuffed animals, but they shouldn't sleep with me. Pillows aren't safe until I'm in a bed.



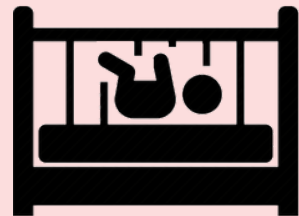
Help me sleep safely and wake up happy!



My car seat, a swing, and a Rock n Play are not safe for me to sleep in.



You can swaddle me for up to 12 weeks or when I start trying to roll over. Then use a wearable blanket.



I love being close and should sleep in your room for 6-12 months, but should always be on my back in my own space.