Sleep Safely

Baby sleeps in a crib, bassinet, portable crib, or play yard
Baby sleeps alone on their back
Keep your baby cozy by using a one piece sleeper/suit or sleep sack
Offer a pacifier
Share your room, NOT your bed
Remove unsafe sleep products like pillows, blankets, or stuffies

For more information on how to help your little one sleep safely, check out our website at UVMHealth.org/SafeSleep or scan the QR code.