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.

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