Is your baby sleeping safely?

Give your baby a healthy start by following these safe sleep guidelines.

Remember the ABCs of safe sleep.

A Alone

B on Back

C in Crib

Always place baby on their back to sleep, for naps and at night, to reduce the risk of SIDS.

Use a firm and flat sleep surface covered by a fitted sheet with no other bedding in the crib.

Share your room with baby. Keep baby in a crib close to your bed for the first six months. Do not fall asleep holding baby.

Do not put soft objects, toys, crib bumpers or loose bedding anywhere in baby's sleep area.

Florida Healthy Start
Central & North Central Florida Coalitions

Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606
An Affiliate Partner of WellFlorida Council **www.WellFlorida.org**

EveryBabyDeservesAHealthyStart.org

Healthy Start of North Central Florida
Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

Central Healthy Start
Counties: Citrus, Hernando, Lake, Sumter

Sponsored by State of Florida, Department of Health, HEALTHY START MOMCARE NETWORK, INC., and State of Florida, Agency for Health Care Administration.

Connect: 877-678-9355

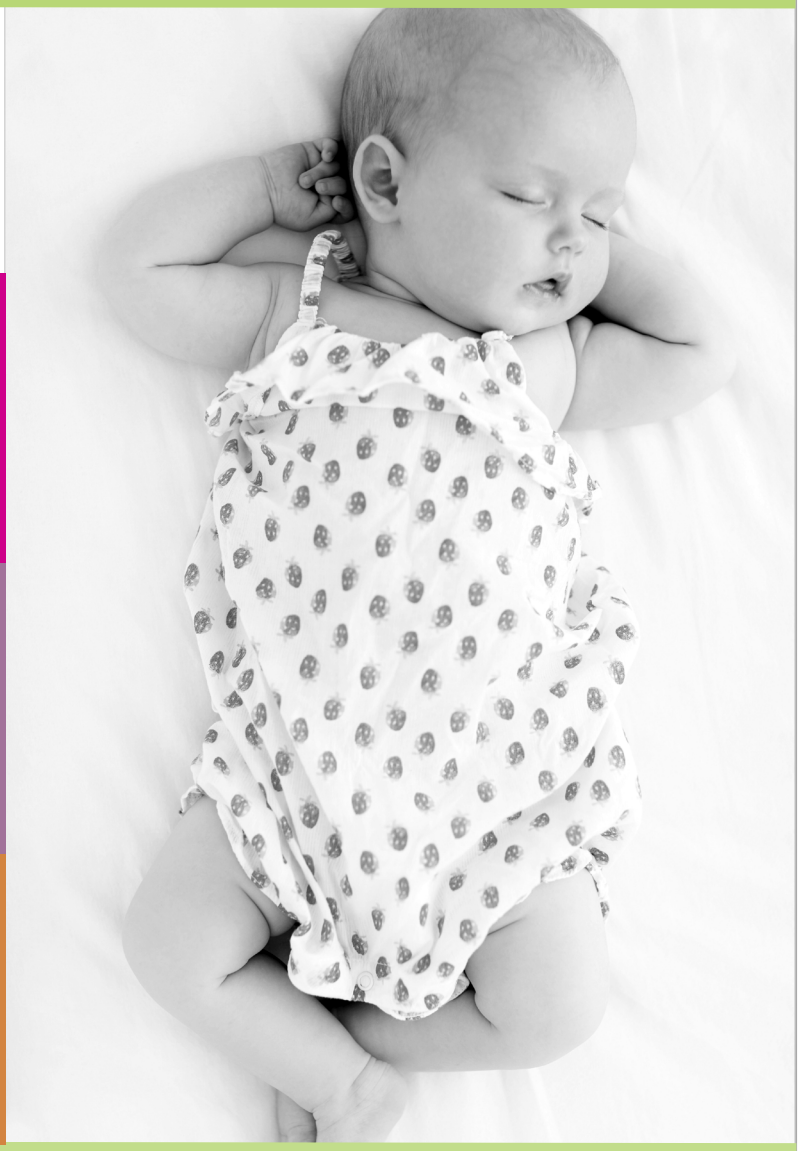
The Connect number is a one-stop entry point to services for pregnant women, caregivers and families with young children. *Participating programs: Healthy Start, MIECHV/ Parents as Teachers, Nurse-Family Partnership, Healthy Families and NewboRN Home Visiting.*

9/22/2022

¿Está seguro su bebé cuando duerme?

Dé a su bebé un comienzo saludable siguiendo la siguiente guía para un sueño seguro.

Recuerde el ABC del Sueño Seguro.



A *A Solas*

Acueste a dormir a su bebé siempre bocarriba durante la noche y las siestas, para reducir el riesgo de SMSR (Síndrome de Muerte Súbita del Recien Nacido).

B *Bocarriba*

Acueste su bebé en una superficie firme y plana, que esté cubierta sólo con una sábana ajustada sin ningún otro tendido.

C *en la Cuna*

Comparta su habitación con su bebé. Mantengalo en una cuna cerca a su cama durante los primeros 6 meses. Nunca se quede dormido mientras carga al bebé.

No ponga objetos suaves, juguetes, protectores de cuna o tendidos de cama sueltos en el área donde su bebé duerme.

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