

# 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  
(with nothing else)

**B** ON  
BACK

**C** IN A  
CRIB



*Photo courtesy of the NICHD Safe to Sleep® campaign.*

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.



**Healthy Start**

Central & North Central  
Healthy Start Coalitions

[EveryBabyDeservesAHealthyStart.org](http://EveryBabyDeservesAHealthyStart.org)

Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606  
An Affiliate Partner of WellFlorida Council | [WellFlorida.org](http://WellFlorida.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-WELL**

The Connect number is a one-stop entry point to services for pregnant women, caregivers, and families with young children.

**Participating programs:**

Healthy Start, Parents as Teachers, Nurse-Family Partnership, TEAM Dad, and NewboRN Home Visiting.

# ¿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**  
(con nada más)

**B**

**Bocarriba**

**C**

**en la Cuna**



Fotografía cortesía de la campaña Safe to Sleep® del NICHD.

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).

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

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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