



If you knew that your baby's risk of dying was **40 times greater** while sleeping in an adult bed rather than a safe crib,

**WHERE WOULD YOU PUT YOUR BABY TO SLEEP?**

The safest place for your baby to sleep is alongside your bed in his or her own separate space. Create a safe sleep zone by:

- Always placing your baby on his/her back on a firm mattress covered with only a tight-fitting crib sheet
- Removing all soft, loose or fluffy bedding and other items from your baby's sleep space

Learn more about how to protect your baby from Sudden Infant Death Syndrome (SIDS), suffocation and accidents during sleep. Call **1.800.221.7437** or visit **[www.firstcandle.org](http://www.firstcandle.org)**.



*photo courtesy of HALO®*



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• Helping Babies Survive & Thrive •