

My Name: _____ My Parents: _____ My Birthday: _____

“Patty Cake, Patty Cake, Little Bo Peep... What’s the safest way for my baby to sleep”?



Your baby needs to sleep in their safe bed, **ALONE**. Sharing sleeping space with an adult or child is dangerous for a baby. Also keep pillows, toys, blankets and comforters out of the baby’s sleeping space.

Your baby needs to sleep on their **BACK!** Unless the baby’s doctor says something different.

Your baby needs to sleep in a safe **CRIB**, bassinet or play yard! Please do not let them sleep in an adult bed, on a couch, in a chair or on pillows.

Baby **DROPS** or falls are preventable! Starting in the hospital...only hold and care for your baby when you are awake and alert. Newborns can easily slide out of the arms of tired parents and caregivers.



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