What does a safe sleep environment look like?

Remember to have supervised tummy time when baby's awake.

Put baby on his/her back to sleep.

Remove pillows, blankets, stuffed toys and other soft objects from the crib. Don't use devices to prop baby on side.

Consider using a "blanket sleeper" instead of blankets.

Use a firm mattress covered with a fitted sheet in a safety-approved crib.

Baby should have a separate sleeping place in the parent's room.

Consider offering a pacifier once breastfeeding is established.

Create a smoke-free zone around baby

Avoid overheating; baby shouldn't be sweating or hot to the touch.

There shouldn't be more than a soda can's width between bars.