



**An empty crib  
is a  
safe sleep  
environment**

**Safety is parents' #1 concern for their children. By working together, we can make sure our children thrive in a safe, healthy environment.**

**Safe Babies, Safe Kids**



**Middlesex District Attorney  
Marian Ryan**

## **Let Your Baby Breathe!**

- Always place baby on his/her back to sleep
- Keep baby's sleep area free of pillows, soft or loose bedding, padded bumpers, soft objects, and toys
- Place baby in a safety-approved crib with a firm mattress and a tightly fitted sheet
- Place baby to sleep in a separate sleep area close to where you or others sleep
- Do not smoke during pregnancy, and do not allow smoking around baby
- Give baby plenty of Tummy Time when awake and when someone is watching
- Prevent overheating by not overdressing baby and keeping room temperature between 68-72°
- Frequently check on baby and call 911 immediately if he/she is not responding
- Talk to caregivers about the importance of safe sleep practices