

SAFE SLEEP FOR BABY



PREVENTS SIDS

**PARENTING IS TOUGH
FOR RESOURCES & HELP...**

Call **828.250.6000**

Available **24/7**

**GOOD PARENTS ARE MADE
NOT BORN**

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6 STEPS FOR SAFE SLEEP

1. Share a room, not a bed
2. Lay baby down to sleep in a crib or bassinet
3. Place babies on their back every time - at night and for naps
4. Give babies space to breathe. No pillow, bumpers, blankets or toys
5. Do not smoke or let anyone smoke around your baby
6. Breastfeed your baby

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