SAFE SLEEP FOR BABY



PARENTING IS TOUGH FOR RESOURCES & HELP...

Call **828.250.6000**Available **24/7**

ROOD PARENTS ARE MADE BORN

SAFE SLEEP FOR BABY

6 STEPS FOR SAFE SLEEP

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

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