

The **ABC's** of Safe Sleep



ALONE

No bedsharing, no pillows, no blankets.



BACK

Never put baby to sleep on his/her belly.



CRIB

Don't let baby sleep in an adult bed, a swing or a cushion.



Trinity Health
Official Health, Wellness
& Nutrition Partner



THMI W08347-2403 BF

The **ABC's** of Safe Sleep



ALONE

No bedsharing, no pillows, no blankets.



BACK

Never put baby to sleep on his/her belly.



CRIB

Don't let baby sleep in an adult bed, a swing or a cushion.



Trinity Health
Official Health, Wellness
& Nutrition Partner



THMI W08347-2403 BF