



Safe Sleep at Home

Every Sleep. Every Baby. Every Time. ♥

A safe sleep space helps your baby grow, learn, and thrive.



BACK TO SLEEP

Place your baby on their back for every nap and every night.



FIRM, FLAT & LEVEL

Use a safety-approved crib, bassinet, or play yard with a firm, flat mattress and a fitted sheet.



CLEAR THE CRIB

Keep pillows, blankets, bumpers, toys, and other soft items out of your baby's sleep space.



ROOM SHARE – DON'T BED SHARE

Keep your baby's sleep space in the same room as your bed, but give them their own separate sleep surface.



KEEP BABY COMFORTABLE

Dress your baby in lightweight clothing. Avoid overheating and don't cover their head. A good rule: keep the room at a comfortable temperature (68–72°F).



SMOKE & VAPE FREE

Keep your baby's environment free from cigarette smoke, vaping, marijuana, and other substances.



OFFER A PACIFIER

Offering a pacifier at nap time and bedtime is recommended to reduce the risk of Sudden Infant Death Syndrome (SIDS).



Small Steps
Make a
Big Difference
♥



Healthy Sleep. Healthy Families. Stronger Texas. ♥



For more information, visit:



Texas Department of State Health Services
Safe Infant Sleep
www.dshs.texas.gov/safeinfantsleep



LASSO-TX
www.tchmb.org/lassotx