The **DO** and **DON’T** List for Safe Sleep

**DO** put your baby on his/her back for every sleep.

**DO** put your baby’s crib in the same room as your bed (room-sharing).

**DO** put your baby in a crib to sleep for naptime and bedtime.

**DO** find your own way to stay awake while feeding your baby.

**DO** use a firm crib mattress covered by a fitted sheet.

**DO** breastfeed your baby.

**DO** offer a pacifier for sleep once breastfeeding is established.

**DO** use a wearable blanket to keep your baby warm.

**DO** vaccinate your baby.

**DON’T** put your baby to sleep on his/her side or stomach.

**DON’T** sleep with your baby on a shared sleep surface.

**DON’T** put your baby to sleep on a couch, armchair, or adult bed.

**DON’T** fall asleep holding or feeding your baby.

**DON’T** use a car seat, swing, stroller, or infant carrier for routine sleep.

**DON’T** have blankets, pillows, toys or bumper pads in the crib.

**DON’T** smoke, drink or use drugs.

**DON’T** swaddle your baby if he/she shows signs of rolling over.

**DON’T** let your baby overheat.

**SAFE SLEEP IS HARD. YOUR BABY IS WORTH IT.**

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