

# Does your baby SLEEP SAFE?

Far too many babies in Baltimore City die before their first birthday. Many of these deaths happen while the baby is sleeping. Don't put your baby at risk. Put your baby to sleep safe.

**SLEEP SAFE – Alone. Back. Crib. No exceptions.**

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*My son, Charlie,  
passed away on  
December 29th.*

He turned one month  
old that day.

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Knowing what I know now, Charlie would have slept in his crib that night instead of in our bed with us. I wish I could go back to that night and change it.

## Alone

Most sleep-related deaths occur when babies sleep with an adult or another child in an adult bed or on a sofa. Share your room with your baby, but not your bed.

## Back

The safest position for a baby to sleep is on his or her back. Babies are not more likely to choke on their backs. In fact, when a baby is on its stomach, anything spit up can block the air pipe and cause choking or breathing problems.

## Crib

Your baby's sleeping place should be clean and clear. No blankets, pillows, fluffy toys or stuffed animals. Just a tight-fitting sheet on a firm mattress.

## NO EXCEPTIONS

Your baby should ALWAYS sleep safe: Alone. On his or her Back. In a Crib. Every night. Every nap. It's just not worth the risk of your baby dying.

B'more for Healthy Babies is an innovative effort to reduce infant mortality in Baltimore City. It is co-sponsored by Mayor Stephanie Rawlings-Blake, the Baltimore City Health Department, and the Family League of Baltimore City, with funding from CareFirst BlueCross BlueShield.