Our baby went to sleep and never woke up. We never thought it could happen to us. But it did.

Keep your baby safe. Share your room, but never your bed. Practice the ABCs of Safe Sleep for infants day, night and every time.

**A**lone
- Your baby should sleep alone, not in your bed or chair or with any other people.
- Keep the crib empty. Don’t put stuffed animals, pillows or blankets in the crib with your baby.

**O**n their **B**acks
- Back sleeping is less risky for choking because fluids pool in the back of the throat away from the windpipe.

**I**n a safe **G**rib
- The mattress should be firm and fit tightly into the crib frame.
- A 12 oz. soda can shouldn’t fit between the rails.
- Don’t use crib bumpers. The sale of crib bumpers is banned in Maryland.

That’s the ABCs of Safe Sleep for infants.

For more information about Safe Sleep, visit:

aahealthybabies.org

410-222-7223

HAVE A HEALTHY BABY.