

Sleep routine for baby = peace of mind for you.

With a little practice, your baby can get into a sleep routine. That helps them know when it's time to get some zzzs and also helps them sleep safely.

Here's help on making it happen.

Sleep routine



The safest way to put your baby to sleep - every nap, every night.

When babies sleep on soft surfaces, in bed with us, or surrounded by soft bedding and toys, they're at greater risk for Sudden Infant Death Syndrome (SIDS). Here are four ways to keep your baby's sleep space safe.

- 1 Put baby to bed on their back. When they're too young to turn themselves over, this is the safest way to sleep.
- 2 Put them to sleep in their own space.
- 3 Use a firm and flat mattress.
- 4 Keep the sleep surface clutter-free (skip the pillows, bumpers, blankets and toys).



Keeps baby safe



Helps you sleep more sound



Sets good habits now

American Academy
of Pediatrics
LEARN MORE AT THE BABY'S FIRST AID COURSE
Learn more at
healthychildren.org/safesleep



Missouri State Department of Health

Keeping our babies safe by putting them safely to sleep.

African American babies are at higher risk of Sudden Infant Death Syndrome (SIDS) – but we can change that by getting them into safe sleep habits now. These habits also help them know when it's time to get some zzzs. And who wouldn't want that? Here's help on making it happen.

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