



SAFE SLEEP MISSISSIPPI

Protect Your Baby From Sleep-Related Death

Safe Sleep Starts with ABC



ALONE - Put babies to sleep alone—not with parents, siblings, or pets—for every nap and night.



BACK - Always place babies on their backs to sleep. This is the safest position for breathing and reduces SIDS risk.



CRIB - Use a firm, safety-approved crib or bassinet with a fitted sheet. Avoid sleeping on couches, car seats, swings or chairs.



EVERY NAP, EVERY NIGHT, EVERY CAREGIVER.
601-576-7443 | msdh.ms.gov/safesleep



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How to Protect Your Baby From Sleep Related Death

- ★ Always place baby on their back to sleep.
- ★ Use a firm crib mattress with only a fitted sheet in an empty crib.
- ★ No bed-sharing—never on couches, chairs, with siblings or in adult beds.
- ★ Keep baby smoke-free and cool, not overheated.
- ★ Breastfeeding and pacifiers at sleep time can lower risk.
- ★ Share safe sleep rules with everyone who cares for your baby.

**YOUR BABY IS COUNTING ON YOU
TO KEEP THEM SAFE WHILE SLEEPING!**