

Safe Sleep

Smart Steps to Safer Bedsharing
Meet all seven and you can *sleep sweet*

1 NO SMOKING For Mother



2 SOBER PARENTS No Alcohol No Drowsy Meds



3 BREASTFEEDING MOTHER Day & Night



4 HEALTHY BABY Full Term



5 BABY ON BACK



6 NO SWEAT No Swaddle



7 SAFE SURFACE



No super-soft mattress, no extra pillows,
no toys, no heavy covers

Clear of string and cords

Fill the gaps: use rolled towels or baby
blankets

Cover the baby, not the head

7

A Rhyme for Sleep Time



Sing to "Row, Row, Row Your Boat"

*No smoke, sober mum
Baby at your breast.
Healthy baby on his back.
Keep him lightly dressed.*

Not too *soft* a bed.
Watch the *cords* and *gaps*.
Keep the *covers* off his head
For your nights and naps.

From *Sweet Sleep*



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