

Name: _____

Creating a Safe Sleep Space

To help babies sleep safely, it's important to always:

- Keep babies close but separate. We recommend sharing a room, not a bed, with your baby for the first six months of their life.
- Put babies to sleep on their back. Once they can roll over on their own, it's OK to leave them on their tummy if they're not swaddled. But always start them on their back.
- Make sure your baby's sleep space is clear. All they need is a firm, flat mattress and fitted sheet. A properly fitting sleep sack and pacifier are OK.

Color in the safe sleep space below to help the baby sleep safely!

