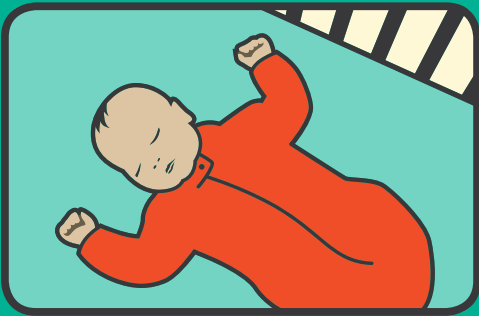




# CRIB CHECK

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Does your baby  
sleep safe?



Far too many babies in Baltimore City die before their first birthday. Many of these deaths happen while the baby is sleeping. Don't put your baby at risk.

**Put your baby to sleep safe.**

**SLEEP SAFE**

**Alone. Back. Crib.**

**NO EXCEPTIONS**



## Alone.

Most sleep-related deaths occur when babies sleep with an adult or another child, or in an adult bed or on a sofa. Share your room with your baby, but not your bed.



## Back.

The safest position for a baby to sleep is on his or her back. Babies are not more likely to choke while laying on their backs. In fact, when a baby is on its stomach, anything spit up can block the air pipe and cause choking or breathing problems.



## Crib.

Your baby's sleeping place should be clean and clear. No blankets, pillows, fluffy toys or stuffed animals. Just a tight-fitting sheet on a firm mattress.



## No Exceptions.

Your baby should ALWAYS sleep safe: Alone. On his or her back. In a crib. Every night. Every nap. It's just not worth the risk of your baby dying.

# ¡El Sueño Seguro de tu bebé es más sencillo que el ABC!

Para que tu bebé duerma más seguro debes...



## Costarlo solo

evitando la presencia de otras personas, almohadas o juguetes en el lugar donde duerme;



## Ubicarlo oca arriba siempre que lo acuestes a dormir;

y evita las posiciones de costado o boca abajo



## Siempre acostarlo a dormir en su una.

no lo acuestes en una cama de adulto sofá, almohadón ni otra superficie acolchada.

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Si respetas las recomendaciones del ABC del Sueño Seguro, protegerás a tu niño de SMSL (SIDS) y de la sofocación accidental.



Si deseas ordenar un enterito para bebé con las recomendaciones ABC del Sueño Seguro, puedes visitar la página Web

[www.firstcandle.org](http://www.firstcandle.org)

Y si deseas obtener más información acerca de la campaña ABC del Sueño Seguro, puedes comunicarte con First Candle al teléfono

**FIRST CANDLE**  
**1-800-221-7437**

Idea y realización de Baltimore City Health Department



**SLEEP SAFE**

**Alone. Back. Crib.**

**NO EXCEPTIONS**

[HealthyBabiesBaltimore.com](http://HealthyBabiesBaltimore.com)



**Make sure I sleep safe!**

**B'more for  
Healthy Babies.**  
*Every baby counts on you*

**Alone. Back. Crib.**

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# SLEEP SAFE

## Alone. Back. Crib.

### NO EXCEPTIONS

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# SLEEP SAFE Alone. Back. Crib. NO EXCEPTIONS

*Far too many babies in Baltimore City die before their first birthday. Many of these deaths happen while the baby is sleeping. This video features the stories of real mothers who learned – too late – what can happen when babies don't SLEEP SAFE. Listen and learn how to make sure that all babies in our communities sleep safely.*

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[HealthyBabiesBaltimore.com](http://HealthyBabiesBaltimore.com)



Sponsored by the Office of Mayor Stephanie Rawlings-Blake, Baltimore City Health Department, The Family League of Baltimore, and CareFirst BlueCross BlueShield  
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