



“

***We found him in
the middle of our
bed, dead.***

Sometimes, I think I still
hear him crying.

”

I want all mothers to know that putting your child to sleep safely can save his or her life. I really don't want this to happen to any other family.

The safest way for your baby to sleep is alone, on his or her back, in an empty crib. Babies can suffocate if they sleep with an adult or another child, or if they sleep with blankets or pillows. Tell everyone who takes care of your baby that you want your baby to

SLEEP SAFE—Alone. Back. Crib. No exceptions.

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

For more information, visit www.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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***My son, Charlie,
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December 29th.***

He turned one month
old that day.

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***Knowing what I know now, Charlie would have slept in his crib that night
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27 babies died in Baltimore
last year from not sleeping safely.

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**“
As a dad,
it's my job
to protect
my kids.
”**

There is no smoking in our home, our car or anywhere near the baby because babies exposed to smoke are more likely to die of SIDS.

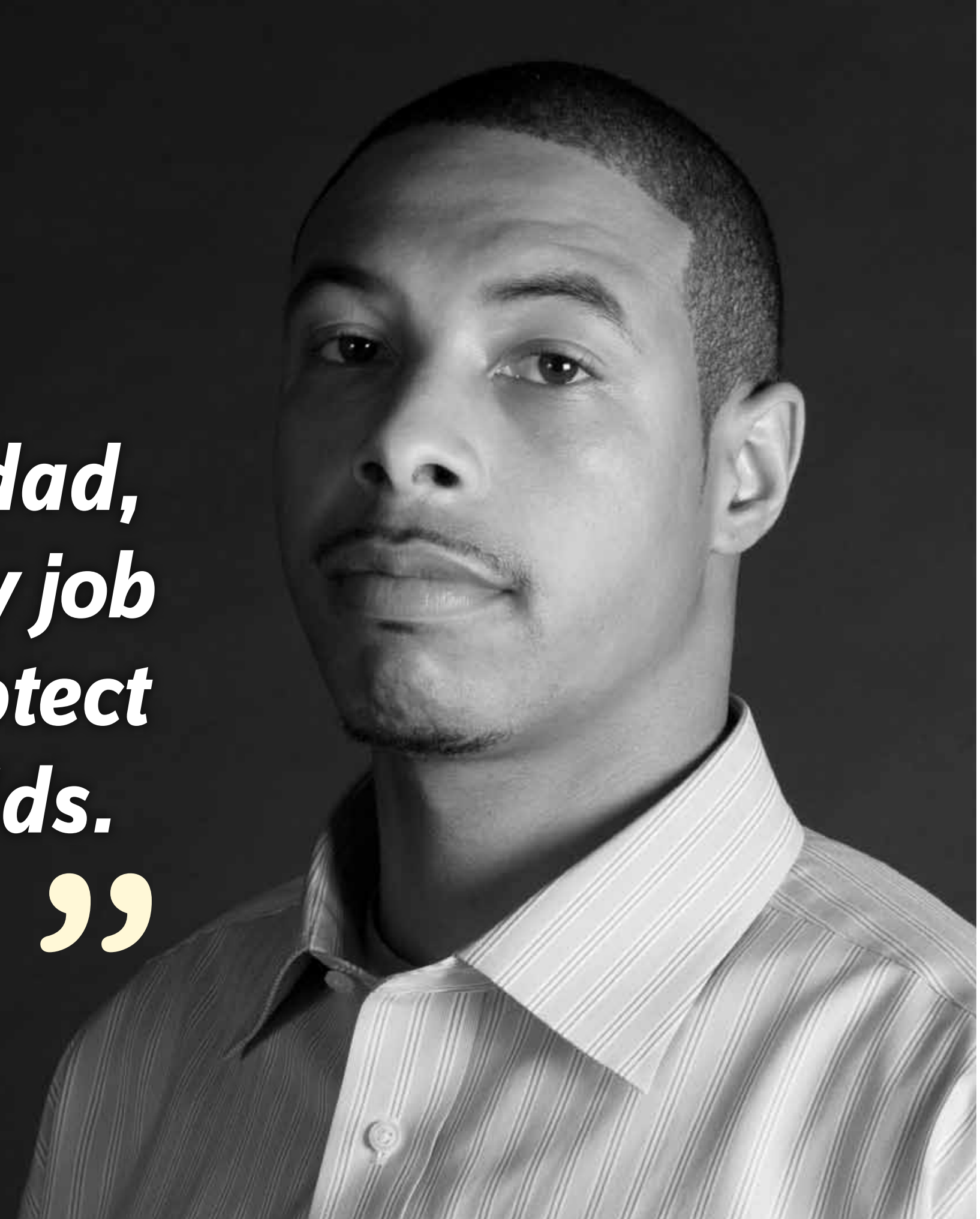
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Pregnant women: Get **FREE** Text4Baby Messages by texting **BABY** to **511411**
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Does your baby SLEEP SAFE?

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.



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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. And keep baby's home smoke-free. It's just not worth the risk of your baby dying.

*There is no smoking in our home, our car or anywhere near the baby
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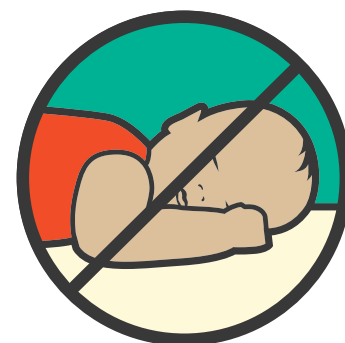


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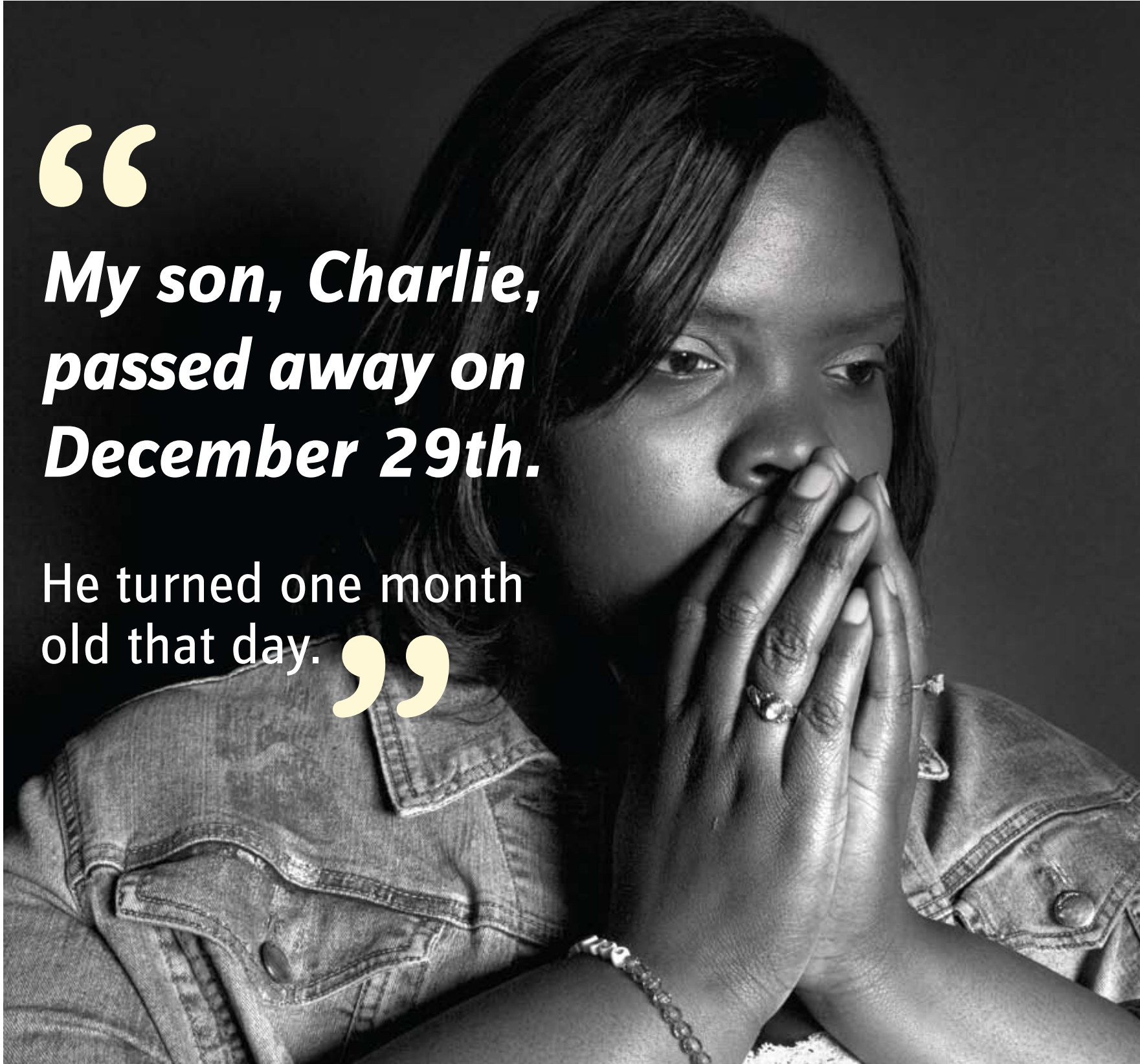
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