

# Sleep SOUNDly

**S**upervise  
**O**n their back  
**U**se only firm surfaces  
**N**o toys, pillows, blankets, bibs, hoods, cords  
**D**ouble check everything

## DO

- ☐ Place children on their backs to sleep.
- ☐ Supervise the sleeping child directly by being within close proximity.
- ☐ Use only firm sleep surfaces.
- ☐ Make sure the child's sheet is tightly fitted.
- ☐ If a child falls asleep in a seat or swing, move them to a crib (if using a car seat, move baby as soon as car ride is safely over)
- ☐ Make sure the child's sheet is tightly fitted.

## DON'T

- ☐ Don't put a child to sleep on their stomach or side.
- ☐ Don't use a car seat or other sitting device as a nap area.
- ☐ Don't solely rely on monitors or commercial devices to ensure safety.
- ☐ Don't allow smoke around infants.
- ☐ Don't place soft objects or loose bedding in the sleep area: No Blankets, No Pillows, No Toys, No Positioners, No Bibs
- ☐ Don't dress the child in clothes with hoods or cords

