

Sleep Safely

Baby sleeps in a crib, bassinet, portable crib, or play yard

Keep your baby cozy by using a one piece sleeper/suit or sleep sack

Share your room, **NOT** your bed



Baby sleeps alone on their back

Offer a pacifier

Remove unsafe sleep products like pillows, blankets, or stuffies

For more information on how to help your little one sleep safely, check out our website at UVMHealth.org/SafeSleep or scan the QR code.

