

Safe Sleep

Smart Steps To Safer Bedsharing

Meet all seven and you can *sleep sweet*



No super-soft mattress, no extra pillows, no toys,
no heavy covers

Clear of strings and cords

Plug the cracks: use rolled towels or baby blankets

A Rhyme for Sleep Time

Sing to "Row, Row, Row Your Boat"

No smoke sober mom

Baby at your breast.

Healthy baby on his back.

Keep him lightly dressed.

Not too soft a bed.

Watch the cords and gaps.

Keep the covers off his head

For your nights and naps.

Sweet Sleep

available at
store.ill.org

