

CONGRATULATIONS!

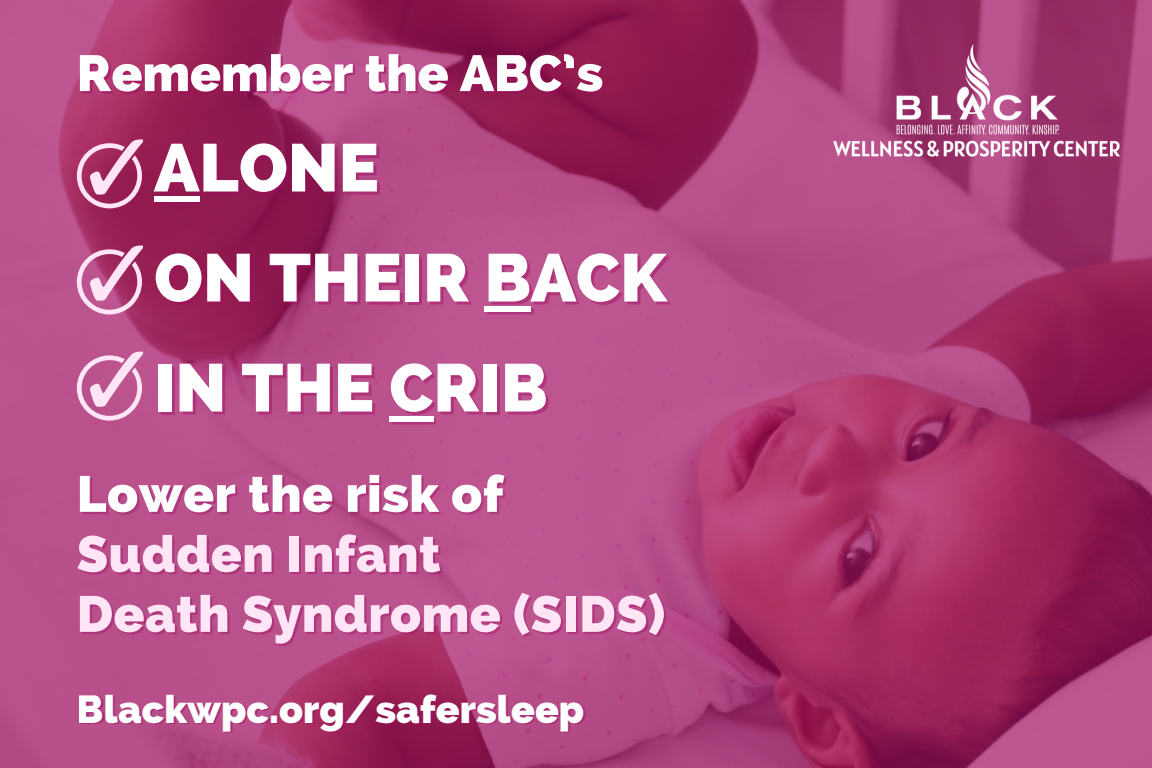


HELLO BABY! NAME: _____

Your parent/caregiver is a **Safer Sleep Pro!** Their promise to you:

- | | |
|---|--|
| ✓ Always place you on your back to sleep | ✓ Keep you from overheating |
| ✓ Place you ALONE to sleep on a firm sleep surface, such as a crib, playpen, or bassinet | ✓ Use a tight-fitted sheet in your crib and remove all soft bedding, bumpers, toys, and stuffed animals from your sleep area |
| ✓ Never smoke cigarettes, marijuana, or vape near you (or allow anyone else to) | ✓ No bedsharing —instead, you'll be placed near their bed |
| ✓ Breastfeed you if possible | ✓ Keep you up to date on all your immunizations |
| ☐ I have a safe sleep plan in place after I'm discharged | ☐ I have a safe place for my baby to sleep (crib, bassinet, playpen etc.) |

LOVE, _____



Remember the ABC's

✓ **ALONE**

✓ **ON THEIR BACK**

✓ **IN THE CRIB**

**Lower the risk of
Sudden Infant
Death Syndrome (SIDS)**

[Blackwpc.org/safersleep](https://blackwpc.org/safersleep)

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