

Safe Sleep Week



1

Place your baby alone, on their back for every sleep.

2

Have your baby sleep in a crib, cradle or bassinet.

3

Provide a firm, flat sleep surface with only a fitted sheet.

4

Avoid all soft items like blankets, pillows, bumper pads and nests.

Tips for Safe Sleep

Does your baby sleep in a safe space? Follow these tips to keep your baby safe during every sleep. Share these safety tips with everyone who cares for your baby.

Learn more at: www.canada.ca/en/public-health/services/safe-sleep.html

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