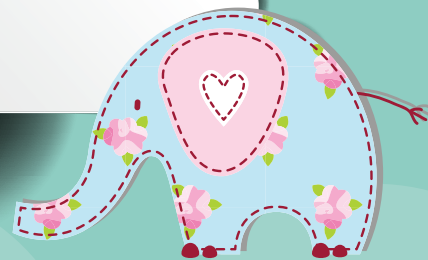


# SAFE SLEEP



*for all Hawaii's keiki*

Follow these  
tips to keep your  
baby safe!



**Did you know  
that your baby  
can die from  
unsafe sleeping  
conditions?**



*Share these tips with all who care for baby:*

**Always put baby on their back to sleep, even for naps.**

When awake, put baby on their stomach for "Tummy Time" (exercise, sing, talk, read and play with baby). Do not let baby fall asleep on their tummy.

**Keep your home and car smoke-free.**

Babies who breathe smoke or who sleep with those who smoke have a greater risk of unexpected death.

**Be sure their crib is safety-approved, and their play yard has not been recalled. Be sure they have firm, tight fitting mattresses with sheets that fit tightly.**

Do not let baby sleep on surfaces like adult beds, water beds, couches, and recliners. These have spaces that can trap their face and block their breathing.

**Pillows, stuffed toys, futons and comforters are a danger in their sleep area.**

Do not let baby sleep on soft bedding. They need a firm sleeping surface that is free from soft items that could block their breathing.

**Sleep in the same room as baby, but not the same bed. You can breastfeed baby in your bed, but when ready to sleep, put baby back in their crib.**

Sleeping with other people, even parents, sisters and brothers, puts baby at risk for being rolled on and smothered.

**Put baby in clothes that will not make them feel too warm when they sleep.**

Getting too warm puts baby at a greater risk of unexpected death.

*For more information, please contact:*

**The Parent Line Oahu: 526-1222 | Neighbor Islands: 1-800-816-1222**  
**[www.theparentline.org](http://www.theparentline.org) | [www.safesleephawaii.org](http://www.safesleephawaii.org)**



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