

# Six Steps to Safe Sleep for Your Baby



**1** Your baby should always sleep **ALONE**.

**2** Your baby should always sleep on their **BACK**.

**3** Your baby should always sleep in a crib or pack 'n play.

**4** Put nothing in baby's sleep area.

**5** Do not overdress your baby.

**6** Do not expose your baby to smoke.

Call **314-678-5474** or visit **glennon.org/safetyprogram** to learn more.