



Safe Sleep

for your baby's first year

**What you can do to help
reduce the risk of
SIDS (sudden infant
death syndrome)
and prevent other
sleep-related injuries
and deaths in babies.**

For more information, visit:

HealthyParentsHealthyChildren.ca

A practical guide to pregnancy and being a parent



**Alberta Health
Services**

Healthy Parents,
Healthy Children

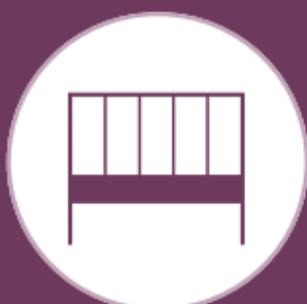
Safe Sleep

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Keep your baby safe
by doing these
important things:



Put your baby on
their **back to
sleep, every sleep**



Use a **crib, cradle
or bassinet** that is
free of clutter



Keep your baby
warm, not hot



Keep spaces
smoke-free
before and after
birth



Breastfeed your
baby



Share a room.
**Don't share a bed,
sofa or any other
sleep surface** with
your baby



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For questions, call:

811 Health Link
Health Advice 24/7