



All Babies Deserve to Sleep Safely. Reduce the Risks.

Parents and caregivers can reduce
the risk of accidental suffocation and
strangulation in bed when they follow the
3 steps for baby safe sleep.

1

Share your room and not
your bed, because adult
beds are not designed for
infant safety and room
sharing prevents accidental
suffocation.



2

Always place your baby on
their back while sleeping.
When babies sleep on their
backs it reduces the risk
for SIDS and other sleep-
related incidents.



3

Always place your baby
on firm bedding with
fitted sheets. Remove all
loose objects from the
sleeping area.



To learn more about how babies sleep safely, visit

www.ffsp.navy.mil.



