



# keep me safe while I sleep

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ALWAYS  
PUT ME  
ON MY   
**BACK**  
TO SLEEP

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KEEP ME  
NEAR BUT  
IN MY OWN  
**CRIB**



**NEVER  
SMOKE**  
AROUND ME

MAKE SURE  
THERE ARE

**NO  
TOYS**

BLANKETS  
BUMPERS  
OR PILLOWS

**IN MY  
CRIB**



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Research shows that children's brains grow rapidly during sleep  
Make sure that every sleep is a safe sleep

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Learn more at [www.mass.gov/safesleep](http://www.mass.gov/safesleep)