

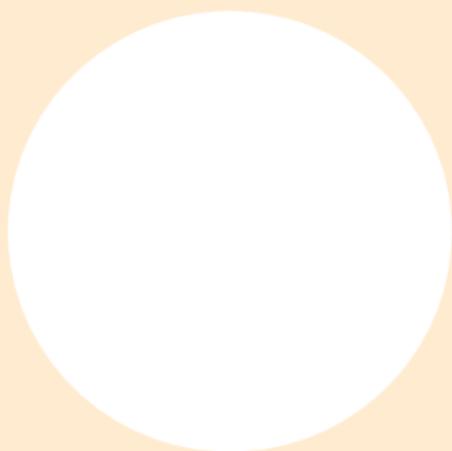
Shhhhhh.....

**I'm Sleeping
Safely Inside!**



Photo courtesy HALO Innovations and First Candle

**You can keep me safe
while I sleep.**



ALWAYS put me on my **BACK** to sleep for naps and at night.

Keep me **NEAR** you, but in **MY OWN** crib, with a firm mattress and a tight-fitting sheet.

DON'T PUT toys, blankets, pillows, or bumper pads in my crib.

NO SMOKING, please!

BREASTFEED me.

Keep me cool — **DON'T OVERHEAT** me or the room.

For more
information, visit
www.nichd.nih.gov/sids



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