



What does “safe sleep” mean for my baby?

- **Every night, every nap, put baby on their back** to sleep on a firm surface
- **Stay close but sleep apart**
- **Do not smoke around your baby** at home or in the car
- **Nothing in the crib with the baby**, no bumpers, pillows, stuffed animals or loose blankets
- Hands-free swaddling is OK until baby turns over, then a sleep sack or footed pajamas are recommended
- **Use a pacifier** once breastfeeding is established

Please contact us at **503-418-5666** for safe sleep questions, or if you are in need of a safe place for your baby to sleep.



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DCH 21503843 11/17

DCH Tom Sargent Safety Center, Doernbecher lobby
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