Safe Sleep
Smart Steps To Safer Bedsharing
Meet all seven and you can sleep sweet

1. NO SMOKING
   In the home or outside

2. SOBER PARENTS
   No Alcohol
   No Drowsy Meds

3. NURSING MOTHER
   Day & Night

4. HEALTHY BABY
   Full Term

5. BABY ON BACK

6. NO SWEAT
   No Swaddle

7. SAFE SURFACE
   No super-soft mattress, no extra pillows, no toys, no heavy covers
   Clear of strings and cords
   Pack the cracks: use rolled towels or baby blankets
   Cover the baby, not the head

A Rhyme for Sleep Time
Sing to “Row, Row, Row Your Boat”

No smoke sober mom
Baby at your breast.
Healthy baby on his back.
Keep him lightly dressed.
Not too soft a bed.
Watch the cords and gaps.
Keep the covers off his head
For your nights and naps.

Sweet Sleep
available at store.llli.org

la leche league international