Always place your baby on his/her back to sleep

Place your baby on a firm, safety-approved crib mattress, covered by a tight-fitted crib sheet

Keep soft objects, toys, and loose bedding out of your baby’s sleep area

Do not allow smoking around your baby and do not smoke while pregnant

Keep your baby’s sleep area close to, but separate from, where others and you sleep

Think about using a clean, dry pacifier when placing the infant down to sleep

Do not let your baby overheat during sleep

Avoid products, including home monitors, that claim to reduce the risk of SIDS

Provide “Tummy Time” when your baby is awake and someone is watching

Make sure everyone who takes care of your baby follows these simple steps.