

**Same Room. Different Beds.
Better Rest for All.**



How To Help Your Baby Sleep Safely

**Remember:
Every Step, Every Time**

- 1. Your baby always sleeps in a Pack 'n Play or crib.**
- 2. That Pack 'n Play or crib is just for the baby. NO pillows, bumpers, blankets or toys.**
- 3. Lay your baby on his or her back.**

Visit [SafeSleepPhilly.org](https://www.SafeSleepPhilly.org)



Department of
Public Health
CITY OF PHILADELPHIA

Other Important Ways to Keep Your Baby Safe:

- **Avoid smoking in your baby's home.**
- **Breastfeed, if you are able.**
- **Once breastfeeding is going well, you can use a pacifier.**
- **Avoid using alcohol or drugs.**
- **Immunize your baby on time.**
- **Do not overheat or overbundle your baby.**
- **When your baby begins to roll, stop swaddling.**

Also:

- **Do not use things that claim to allow an infant to sleep in an adult bed.**
- **Do not use a home heart monitor, unless your doctor tells you to.**
- **When your baby is awake, you can supervise tummy time.**

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