



BACK IS BEST FOR BABY'S SLEEP

Now you lay me down to sleep
on my back for safest keep.
It's tummy time when I'm awake,
but back is best for sleeping breaks.



Keep quilts, toys, and pillows out of my bed.
Never put covers over or beneath my head.
Cigarettes are bad for me.
Please keep my environment smoke-free.



These may be many rules to know,
but minding them will help me grow!
Remember this rhyme when caring for kids,
and help reduce the risk of SIDS.



Following these steps will not prevent all SIDS deaths, but will offer your baby the best chance to thrive. For information, contact the SIDS Alliance at 1-800-221-SIDS (7437) or visit our website at www.sidsalliance.org