Good Night, Sleep Right.

Reduce the risk of Sudden Infant Death Syndrome during nighttime and naptime.

- **Crib Safety**
  The safest place for baby to sleep is on a firm mattress in a crib. Keep pillows, quilts, comforters, bumpers, stuffed toys and other soft objects out of the crib.

- **Face Up to Wake Up™**
  Baby should be placed on his or her back for sleep at nighttime and naptime.

- **Tummy Time**
  When awake and being watched by an adult, baby should spend time on his or her tummy.

- **Healthy Lifestyle**
  Create a healthy lifestyle for baby and you. Never smoke or drink while pregnant and never allow anyone to smoke around baby.

- **Spread the Word**
  Share this information with everyone who takes care of your baby.

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