

Safe Sleep for Babies

Face up, face clear, smoke-free, baby near

Nothing else in crib

Baby sleeps in a safety-approved crib, bassinet or portable crib

At 3-4 weeks, offer a pacifier if breastfeeding is going well

Baby sleeps on his or her back

Baby sleeps in the same room as the parent or caregiver

Do not overheat or overdress



Make your home and car smoke-free

Firm sleep surface/mattress, tight fitting sheet



Breastfeed your baby

Contact for more information 971-673-0190
Visit Babies First! Safe Sleep for Babies at
www.healthoregon.org/safesleep.

You can get this document in other languages, large print, braille or a format you prefer. Contact the Maternal and Child Health Section at 971-673-0190. We accept all relay calls or you can dial 711.

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