

KEEP SAFE SLEEP SIMPLE

FOLLOW THE ABCs OF SLEEP

A ALONE IN THEIR CRIB

B SLEEP ON THEIR BACK

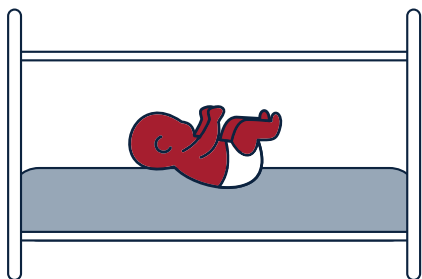
C CRIB IS CLEAR AND CLEAN

HELP REDUCE THE RISK OF SIDS

What Is **SIDS**?

SIDS is the sudden, unexpected, and unexplained death of an otherwise healthy child under 1, which almost always happens while the child is sleeping. When babies are put to sleep on their backs, parents are reducing risks associated with sleep-related infant deaths.

A ALONE IN THEIR CRIB



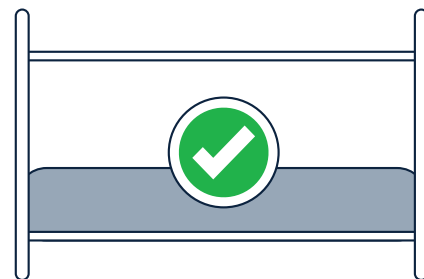
Place infants to sleep alone in their own approved space, such as a crib, bassinet, or play yard.

B SLEEP ON THEIR BACK



Place all infants on their back for **every sleep** — naps and nighttime.

C CRIB IS CLEAR AND CLEAN



Use a firm, flat sleep surface with a fitted sheet. Clear crib of any pillows, toys, or loose bedding.

**SAFE SLEEP ISN'T JUST A RECOMMENDATION.
IT'S ONE OF THE MOST IMPORTANT WAYS TO PROTECT INFANTS.
EVERY CAREGIVER. EVERY INFANT. EVERY NAP. EVERY NIGHT.**

SAFE SLEEP. STRONG FAMILIES. MISSION READY.

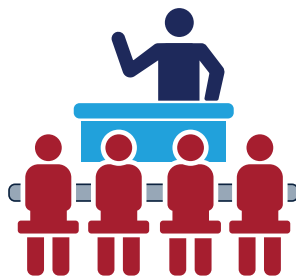


BUILD YOUR SUPPORT TEAM



Include all caregivers—daycare staff, neighbors, and extended family—who may be involved with naptime or bedtime.

SPREAD THE WORD



Talk to your team about safe sleep, SIDS, preventing unsafe sleep-related deaths, and your safe sleep preferences for your infant.

CONSISTENCY IS KEY



Standards and expectations for safe sleep remain the same, no matter which member of the team is supporting the sleep routine.

SAFE SLEEP PRACTICES

- Share your room, not your bed. Keep the baby's crib in your room for the first six months.
- Bring the baby into your bed for feeding or comfort, but return the baby to the crib when you are ready to sleep.

SLEEP RISKS TO AVOID

- Don't leave the baby to sleep on a couch, armchair, or in a sitting device
- Never share your bed if you have been drinking alcohol or are overly tired.

RESOURCES FOR MILITARY PARENTS

- New Parent Support Program (NPSP): Free parenting education, classes, playgroups, and home visits
www.usmc-mccs.org/npsp
- Child and Youth Programs (CYP): Childcare, Exceptional Family Program, and more
www.usmc-mccs.org/cyp
- Navy: Mission-ready families
www.secnav.navy.mil/ofr/missionreadyfamilies
- Military One Source: New MilParent specialty consultations
www.militaryonesource.mil/benefits/new-milparent-consultations or 800-342-9647
- Navy-Marine Corps Relief Society: Visiting Nurses Program
nmcrs.org