Safe Sleep for Infants
For bedtime and naps, place babies in their sleeping space alone, on their backs, and on a firm surface such as in a crib or bassinet to reduce the chance of Sudden Infant Death Syndrome (SIDS).

NO soft or fluffy objects such as bumper pads, pillows, stuffed animals, blankets, sheepskins, or any product that attaches to the crib. This ensures the baby doesn’t become trapped, stop breathing, or choke to death.

Dress your baby in a wearable blanket or one layer more than you are wearing to keep him/her cozy and prevent overheating.

As baby learns to roll over (front to back, back to front) put them to sleep on their back, then allow the baby to take his/her own comfortable sleeping position for the rest of the night.

Remember the ABC’s:
**A**lone - **B**ack - **C**rib

Sleep Tips for Older Kids
Make sure the bed and bedding are as comfortable as possible. Remove distractions from the sleeping area such as a TV, cell phone, or other mobile device. Remember, darker is better.

Develop a bedtime routine—snack, warm bath or shower, and the same bed time as often as possible.

These tips and more for raising healthy children are at the American Academy of Pediatrics’ website, www.healthychildren.org
Set aside 10 to 30 minutes before bedtime to read. Let your child pick a favorite book and together, find a comfortable place to read.

Take turns reading the story aloud. Do your best to answer your child’s questions and comments about the story.

BENEFITS OF READING TOGETHER:

- Time with you
- Improved vocabulary and reading skills
- Strengthens the bond between you and your child
- Improved motivation for learning

Where can I find FREE BOOKS?

Local Community Library
Local School Library
https://freekidsbooks.org/
https://www.storyjumper.com/book/search

These tips and more for raising healthy children are at the American Academy of Pediatrics’ website, www.healthychildren.org