

# Safe Sleep for Babies

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



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



Baby sleeps in same room as the parent or caregiver



Baby sleeps on his or her back



Make your home and car smoke-free



Do not overheat or overdress



Breastfeed your baby if possible



Firm sleep surface/ mattress, tight fitting sheet



The risk for Sudden Unexplained Infant Death goes up significantly if caregivers bedshare while using substances, including alcohol and marijuana



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



Nothing else in crib



To learn more, please visit:  
[www.clackamas.us/publichealth/safe-sleep-for-infants](http://www.clackamas.us/publichealth/safe-sleep-for-infants)