ON THEIR BACK
EVERY NAP & EVERY NIGHT

Our moms and grandmas taught us how to raise our babies. But one thing is different these days - African American babies are at higher risk for Sudden Infant Death Syndrome (SIDS). That’s why more of us are putting babies to sleep on their backs, not their tummies. It keeps them safe and gives us peace of mind.

Help baby sleep safely so you can sleep soundly. healthychildren.org/safesleep