



# 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](https://www.healthychildren.org/safesleep)

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