

Give your baby some space.

Share the room. Not the bed.



Funding for Healthy Start is provided by Health Resources and Services Administration.



Babies sleep safest in their cribs.

- Beds are not safe for sleeping babies.
- Don't let your baby sleep on any soft surface (sofa, pillow, blanket, arm chair, etc.) — not even for a nap.
- Your baby needs room to breathe. Do not use blankets, pillows, bumper pads, or toys in the crib.
- Cuddle with your baby during feeding time and waking hours, but when it is time to sleep, place your baby in a crib.

* Remember to tell family, friends, and child care providers how to keep your baby safe.



Want to know more about safe sleep?

For more information, talk to your doctor. Or call Syracuse Healthy Start at (315) 435-2000.