If you help put baby to bed, make sure they sleep safely.

- Put baby to bed on their back.
- Ensure their sleep space is clutter-free.
- Mattress should be firm with only a fitted sheet.
- Swaddling is done only when they sleep alone.

Learn more about current safe sleep recommendations at hmhb-mt.org

Safe Sleep: Learn ⬩ Plan ⬩ Provide

Healthy Mothers, Healthy Babies
The Montana Coalition

MONTANA DPHHS
Healthy People. Healthy Communities.
Department of Public Health & Human Services