

# Safe Sleep Practices

## I am ready for safe sleep!

- I am **A**lone
- I am on my **B**ack
- I am in a bassinette or **C**rib
- My bed is flat
- My sleep surface is firm
- I am in a sleep sack, blanket sleeper, or swaddled below arms.
- If able to roll, arms must be free
- I am not wearing a hat
- I may be given a pacifier  
*(If exclusive breastfeeding, wait until well established)*
- Nothing else is in my crib

