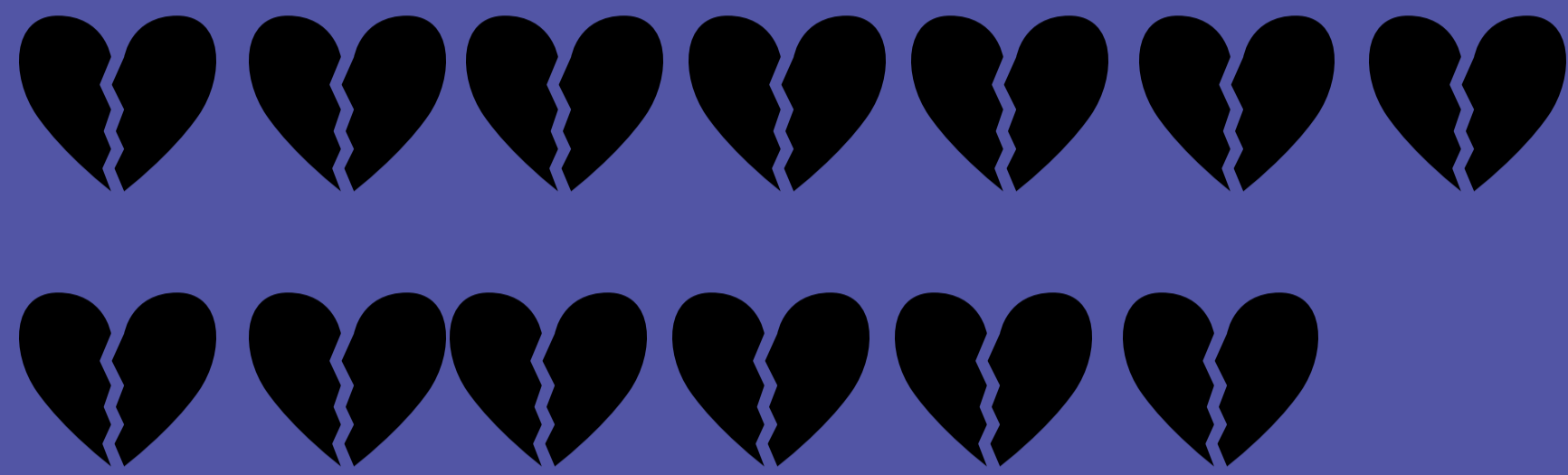


# In 2018, 13 of Baltimore's babies died while sleeping.

All 13 babies were in an unsafe sleep environment.



- None were sleeping in a crib
- Most were sharing a bed with a family member
- Several were not placed to sleep on their backs
- Most were not living in a smoke-free home

## Not one more, Baltimore.

Our hearts are broken for these families who will not get to celebrate birthdays, first days, and other milestones.

There are steps everyone can take to make sure that no other family goes through this.

When putting babies to sleep, make sure they **SLEEP SAFE**

Help keep babies safe by following these rules, every night and every nap.



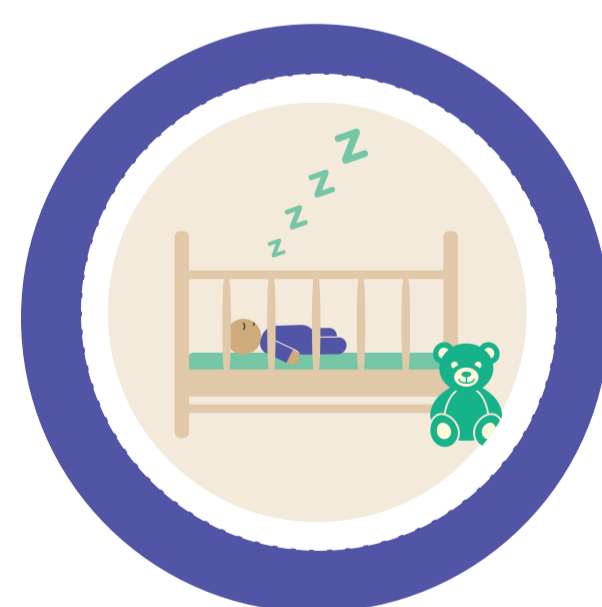
### Alone.

Most sleep-related deaths occur when babies sleep with an adult or another child, or in an adult bed or on a sofa. Share your room with your baby, but not your bed.



### Back.

The safest position for a baby to sleep is on their back. Babies are not more likely to choke while laying on their backs.



### Crib.

Your baby's sleeping place should be clean and clear. No blankets, pillows, stuffed animals, Boppy, or crib bumpers. Just a tight-fitting sheet on a firm mattress.



### Don't Smoke.

Keep smoke away from your baby—no cigarettes, marijuana, or vaping in your home. Smoke of any kind can cause SIDS and breathing problems in babies.

