

Keep your baby safe during sleep, every night and every nap.



Alone.

Share your room but not your bed.



Back.

Babies breathe better on their backs.



Crib.

Nothing should go inside but a fitted sheet and the baby.



Don't Smoke.

Keep smoke away from your baby – no cigarettes, marijuana, or vaping in your home.

No Exceptions!

Always follow these steps so your baby stays safe.

Ready to quit using tobacco?
1-800-QUIT-NOW

Need a crib? **410-649-0500**
Visit www.healthybabiesbaltimore.com