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The ABC's of Safe Sleep



A

Alone in Their Sleeping Space

Alone means removing all items from baby's crib:

- ☒ Stuffed animals
- ☒ Loose blankets (swaddling is ok until your baby can roll over)
- ☒ Crib bumpers
- ☒ Anything that could increase risk of strangulation

Alone doesn't mean away.

The risk of SIDS reduces by 50% for babies who sleep in the same room as their parent. Share your room with baby for at least their first six months.



Placed on **Back**

B

Always place baby on their back on a firm surface to sleep.

C

Asleep in **Crib**

Use a crib, bassinet, or portable crib that meets safety standards (See <https://www.cpsc.gov/SafeSleep>).

Never let baby sleep on a couch or sofa.

If baby falls asleep in their car seat, move them to their safe sleep spot at your destination.

JBLM NEW PARENT SUPPORT PROGRAM

New Parent Support services are available to all eligible Families with child(ren) **prenatal to 3 years old**, whether they live **on or off the installation**.

NPSP services are voluntary and **designed to empower parents**, build on the strengths and skills of parents, include both parents and promote positive parenting practices.

NPSP-Home Visitors are Licensed Clinical Social Workers and Registered Nurses who provide a **range of educational services and support** to parents.



Joint Base Lewis-McChord
Directorate of Personnel
& Family Readiness

JBLM DPFR

Your Community Navigator

New Parent Support Program

(253) 967-7409 / 5901 jblmdpfr.com

Follow us on Social Media: [@jblmdpfr](https://twitter.com/jblmdpfr)

Please contact the JBLM DPFR New Parent Support Program for more information about safe sleep and the New Parent Home Visiting Program.