

GEORGIA SAFE TO SLEEP

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THIS SIDE UP

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ABC'S of SAFE to SLEEP

- ALONE -

Babies should sleep **alone** in their own sleep space, close to but separate from their caregiver.

- BACK -

Babies should be placed on their **back** to sleep. Every sleep. Every nap. Every time.

- CRIB -

Babies should sleep in a **crib** or bassinet with a firm, flat surface with no extra items such as blankets and toys.



*Promoting **Safe Infant Sleep**
Policy & Education in Georgia*