

's Safe Sleep Plan

Baby's Name

Circle baby's plan in purple!

Dear _____,

The best is yet to come. I love to be **swaddled/rocked/shushed/swayed** to get into sleep mode. I am safest and coziest with my entire **crib/bassinet/pack-n-play** to myself. I can sleep near you in the same room, but not with you in the same bed. I sleep on my back for every naptime and nighttime. I know it's hard to help me sleep sometimes, but I am learning fast!

Thank you for keeping me safe.

Love,

Baby's Name



Scan to access
our video library.

Follow the 1-2-3s so your baby can breathe:

1

On my Back

2

In my Crib

3

Nothing but Me

Thank you
for keeping
me safe!