## **Smart Steps To Safer Bedsharing** Meet all seven and you can sleep sweet















No super-soft mattress, no extra pillows, no toys, no heavy covers

Clear of strings and cords

Pack the cracks: use rolled towels or baby blankets Cover the baby, not the head

## A Rhyme for Sleep Time



No smoke sober mom

Baby at your breast.

**Healthy** baby on his back.

Keep him *lightly dressed*.

Not too **soft** a bed. Watch the *cords* and *gaps*. Keep the covers off his head

For your nights and naps.





