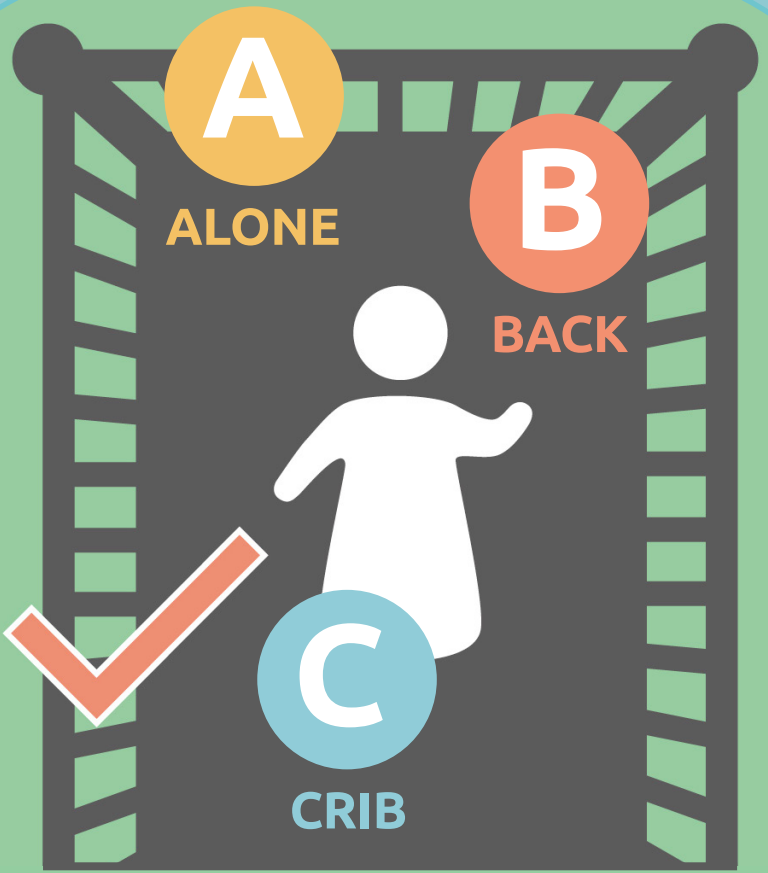




1.25" Hole

SHARE THE ROOM,  
NOT THE BED.



CELEBRATE ONE COLUMBUS



1.25" Hole



# Safe Sleep Checklist

Practice the ABCs of safe sleep every nap, every night, every time

- ✓ **ALONE... Place baby to sleep alone in a crib for every sleep.**
  - Ensure the crib is always bare - no pillows, blankets, bumper pads or toys in the crib.
  - Dress the baby for sleep in warm clothing, without the use of blankets. A sleep sack works well.
  - Call **Columbus Public Health** if you need a crib at: **614.645.3111**
- ✓ **BACK... Always place baby on his or her back to sleep.**
  - Never use a positioner or a wedge.
- ✓ **CRIB... Always place baby in a safe crib.**
  - Make certain the mattress fits snug in the crib and is covered by a tight fitted sheet.
  - Make sure crib slats are narrow. A soda can should not be able to fit through the slats.
- ✓ **Keep your baby close - but NEVER share the bed.**
- ✓ **Never allow smoking inside the house.**
  - If you or anyone living in the house would like help to quit smoking, there are a number of options, including your doctor.
  - You can also call **Columbus Public Health's Tobacco Free Family program** at **614.645.2135**.
- ✓ **Talk about your sleep needs with your family/friends and share when you need help with the baby.**
  - Say no to added responsibility that does not involve the baby.
  - Outsource tasks and don't be afraid to ask for help.
- ✓ **More tips to help you and your family take care of your new baby.**
  - Find a doctor in your area for the baby's first year check ups.
  - Add your new baby to your health coverage plan.
  - Get your child vaccinated and keep the records.

