Help Me Sleep Safe



In Louisiana, about 100 infants die of SIDS and suffocation every year. Keep your baby safe.

- Baby is safest when you don't share a bed with him/her
- Baby sleeps on his/her back
- Baby should sleep alone in a crib or pack 'n play near you. Not in an adult bed, sofa or chair
- No smoking around your baby

For more information on the steps to safe sleep, visit: **GiveYourBabySpace.org**



