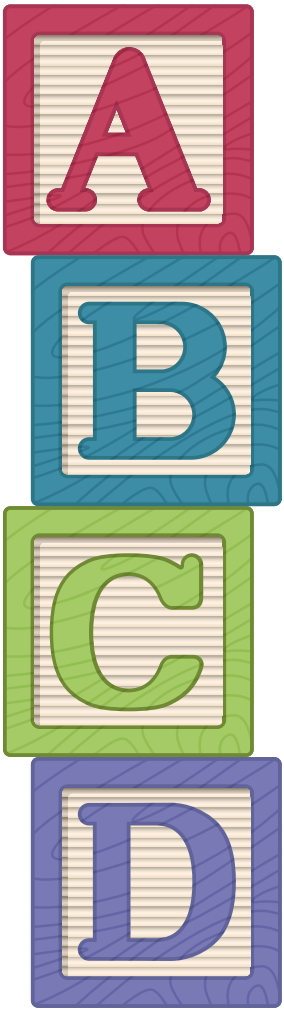
SAFE SLEEP

– MAINE –

Reduce the risk of
Sudden Infant Death Syndrome (SIDS).
Follow the ABCs of Safe Sleep:



ALONE – Stay close, sleep apart.

On my **BACK** for nights and naps.

In a clean and clear **CRIB**.

DRUG-FREE – Drinking and drug use impair your ability to care for a baby.

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If your baby won't sleep and cries continuously:

- [ ] Check to see if your baby is hungry, tired, or needs a diaper change.
- [ ] Cuddle your baby in your arms, sing to your baby, or give your baby a warm bath.
- [ ] Take your baby outside for a walk, if the weather allows.
- [ ] Call a friend or family member to come watch your baby.
- [ ] For support, call **1-888-644-1130** or talk to your baby's doctor.

Remember:

- Babies rely totally on adults for their safe care.
- A baby may not stop crying no matter what you try.
- If you need to take time to calm down, place your baby in a safe sleep space (**ALONE**, on their **BACK**, in their **CRIB**), and check on them every 15 minutes.
- No matter how frustrated you get, **NEVER, NEVER, NEVER shake** a baby.

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