

BARE is Best!

for your baby's sleep environment



Keep your Baby Cozy

- Always place baby on back to sleep
- Use a crib that meets current CPSC standards
- Keep pillows, quilts, comforters and cushions out of baby's crib, bassinet or play yard
- Use a firm, tight-fitting mattress
- Positioning devices are unnecessary and can be deadly
- For warmth, dress baby in footed pajamas

Without the Clutter



Never add pillows, quilts, comforters or cushions to your baby's crib, bassinet or play yard.

Nearly half of the infant crib deaths and two-thirds of bassinet deaths reported to CPSC each year are suffocations from a baby being placed on top of pillows and thick quilts or because of overcrowding in baby's sleep environment.



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UNITED STATES OF AMERICA
CONSUMER PRODUCT
SAFETY COMMISSION



www.CPSC.gov

NH Safe Sleep Campaign
NH Division of Public Health Services
NH Department of Health & Human Services
800-852-3345, x4517/ 603-271-4517
<http://www.dhhs.nh.gov/dphs/bchs/mch/sids.htm>