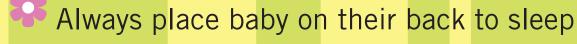
## Reduce the risk of Sudden Infant Death ♀ Syndrome (SIDS)

SIDS is the sudden unexplained death of an infant under 1 year of age

What you can do to reduce the risk of SIDS:



- Always place baby on a firm sleep surface
- Do not smoke
- Sleep environment No bed sharing

Make sure that everyone who cares for your baby

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## Nothing in crib other than baby



Practice Safe Sleep Babies sleep safest Alone, on their Backs, in a Crib B The easiest way to remember how to create a safe sleep environment is to think of the ABC's of Safe Sleep

Practice

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To order your free Safe Sleep Reminder Clings contact Safe Kids Grand Forks at safekids@altru.org



6053-0164 NOV 11