

Safe Sleep for Your Baby

Preventing sudden infant deaths in Canada



Provide a **smoke-free** environment before and after your baby is born.



Breastfeeding can protect your baby.



Always place your baby on his or her **back to sleep**, at naptime and night time.



Provide your baby with a **safe sleep** environment that has a firm surface and no pillows, comforters, quilts or bumper pads.



Place your baby to sleep in a **crib, cradle, or bassinet next to your bed**.

www.publichealth.gc.ca/safesleep



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