Reumeumber your ABC's of safe sleep.

The safest way for babies to sleep is Alone, on their Backs, in empty Cribs.

Suffocation and strangulation while sleeping in an adult bed is the leading cause of injury-related death for infants under the age of one.*

To learn more, please visit: **www.ounce.org**

Sleep Right, Sleep Tight

*Scheers, N. J., George W. Rutherford, and James S. Kemp. "Where Should Infants Sleep? A Comparison of Risk for Suffocation of Infants Sleeping in Cribs, Adult Beds and Other Sleeping Locations." Pediatrics 112.4 (2003): 883-89. Print.

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