

On average,
a baby dies
every other
week in our
community
due to unsafe
sleep practices.

ONE

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Protect your baby by following the simple ABCs of safe sleep:

A Alone

- Share the room – not the bed – with a baby.
- Baby should only sleep in an empty, safety-approved crib, bassinet or Pack 'n Play.
- A baby should never sleep with an adult, child or pet.
- A baby should never sleep on a couch, chair or bed.
- In Franklin County, two out of three babies who died were not sleeping alone, and were on an adult bed, couch or chair.

B Back

- A baby should always sleep on its back.
- A baby will not choke while sleeping on its back.
- A baby can breathe easier while sleeping on its back.

C Crib

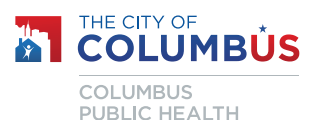
- A baby should only sleep in an empty, safety-approved crib, bassinet or Pack 'n Play. No bumper pads, pillows, soft toys, stuffed animals or blankets; these items can suffocate or strangle a baby.
- Use only a firm mattress and a fitted sheet in the crib.
- A baby should not be overdressed for sleep. Sleep clothing should be lightweight. Fitted, appropriate-sized sleepers and sleep sacks are best.

Local Contact for Infant Safe Sleep:

Nikki Jenkins, Columbus Public Health's
Infant Safe Sleep Education Program Manager
(614) 645-1762 | nljenkins@columbus.gov

CelebrateOne provides outreach and education to organized community groups (such as civic associations, faith-based groups, area commissions, etc.) and promotes the ABCs of safe sleep at community events and health fairs.

For more information, visit CelebrateOne.info



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