

# Good Night, Sleep Right.

Reduce the risk of Sudden Infant Death Syndrome during nighttime and naptime.



  
CJ FOUNDATION  
for SIDS™  
1-888-8CJ-SIDS www.cjsids.com

**Face Up to  
Wake Up™**



## Crib Safety

The safest place for baby to sleep is on a firm mattress in a crib. Keep pillows, quilts, comforters, bumpers, stuffed toys and other soft objects out of the crib.



## Face Up to Wake Up™

Baby should be placed on his or her back for sleep at nighttime and naptime.



## Tummy Time

When awake and being watched by an adult, baby should spend time on his or her tummy.



## Healthy Lifestyle

Create a healthy lifestyle for baby and you. Never smoke or drink while pregnant and never allow anyone to smoke around baby.



## Spread the Word

Share this information with everyone who takes care of your baby.