DHS | Division of Children & Family Services

The ABCs of Safe Sleep



Alone

Keep your baby close to you when they are sleeping, but make sure they are alone in a crib or bassinet.



Back

Always put your baby to sleep on their back, even during nap time.



Crib

Your baby should sleep in a bare crib with a firm mattress and a tight fitted sheet.

For more information, visit ar.gov/safesleep

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