

Have your baby sleep on a separate surface (e.g. crib, bassinet) in the same room where you sleep.



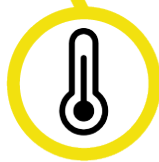
Put your baby on their back for every sleep, whether for naps or at night.



Be smoke, alcohol, and drug free.



Breastfeeding helps boost a baby's immune system and can reduce sudden and unexpected sleep-related infant death.



Avoid overheating. A well-fitted sleep sack or sleeper should be all that is needed.



Use a firm mattress with no bumper pads, pillows, heavy blankets, comforters, quilts, or toys.

PREVENT SHAKEN
BABY SYNDROME | **PSBSBC**

For more information, visit **dontshake.ca**

When baby starts to show signs of mobility such as sitting up, rolling over, or getting onto hands and knees, lower the crib mattress. (~6-9 mos).
Icons courtesy of Freepik.