

Safe Sleeping

Keep Your Baby safe while Your Baby Sleeps

Enjoy tummy time with your baby when baby is awake and being watched.

Do not allow any smoking near your baby.



Babies should sleep by themselves. Although it may be convenient to have your child sleep with you it poses a great risk of accidental suffocation.

Any objects such as blankets, pillows, stuffed animals or toys should be removed from your baby's sleeping area.



The surface on which your baby sleeps should be firm.

Babies should always be placed on their backs to sleep.



Edward A. Diana
County Executive

Jean M. Hudson, M.D., M.P.H.
Commissioner of Health

For more information please visit our website at: www.orangecountygov.com or call 845-568-5280 for more details.