



Educate • Empower • Protect

**Let's work together for
your baby's health and
safety.**



**Flip over for quick tips to support
safer infant sleep.**

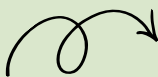
Scan for more tips!



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Simple Safe Sleep Tips

you can use everyday :

Wake Windows Matter



Watching the infants wake windows helps prevent overtiredness, which can make it hard to fall and stay asleep.

AGE	AWAKE TIME (APPROX.)
0–2 months	45–60 minutes
2–4 months	60–90 minutes
4–6 months	1.5–2.5 hours
6–12 months	2–3.5 hours



Reduce the Reflex



If an infant is fussy, try placing them down on their side while you stay close and gently soothe them. Roll them to their back, once settled.



Stay with the baby



Gently pat or shush



Hold the child for at least 10 minutes after they fall asleep to ensure they are fully settled before transferring.



Use a Sleep Sack



Sleep sacks keep an infant warm and comforted without loose blankets.



Every choice makes a difference.