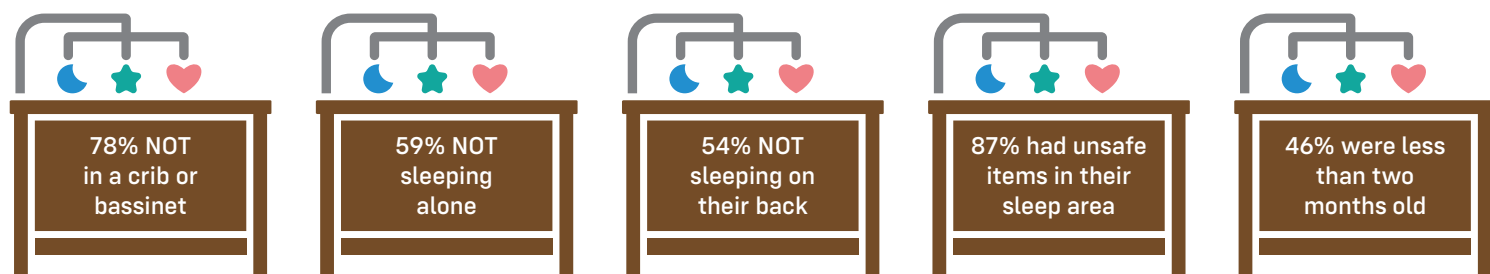
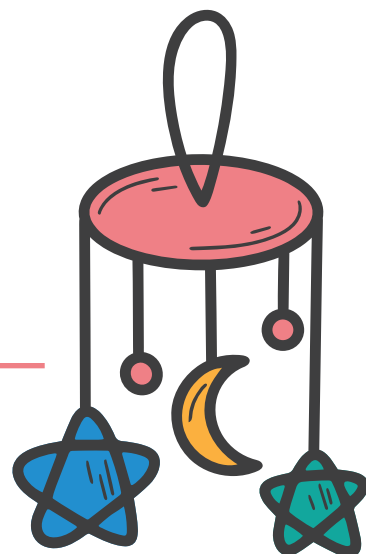


# Give Your Baby Room to Breathe

Every nap. Every night. Every time.

Using the ABC's of Safe Sleep: **A**lone, on their **B**ack, in their own **C**rib, gives your baby room to breathe and decreases the chance of suffocation.



Source: Marion County Public Health Department FIMR Case Review Team 2018-2022 (n=79) Indianapolis, Indiana

## Why the ABC's of Safe Sleep Give Your Baby Room to Breathe

Your baby only breathes through their nose until they are 4 to 6 months old.

The size of your baby's airway, that takes oxygen to their lungs, is smaller than the opening of a drinking straw.

Sleeping on their back keeps your baby's airway open during sleep.



**Give Your Baby Room to Breathe with the ABC's - It's about safety.**

For more info: [TConard@MarionHealth.org](mailto:TConard@MarionHealth.org)

Removing pillows, blankets, people, and boppies from their sleep space gives your baby room to breathe.

Studies show that sharing a bed with a baby increases the risk for a sleep related sudden infant death. Using a crib & sharing your room, protects your baby.

Most families who had a sudden infant loss had a crib or pack n play for their baby, but they weren't using them.

