



FOR EVERYONE who takes care of ME!

# safe **S L E E P** pledge

You pledge to  
**KEEP ME SAFE**  
by following these rules:



- 1** I always sleep in a crib, not in adult bed, swing, car seat or on couch.
- 2** My crib has a firm mattress and tightly-fitted sheet.
- 3** I always sleep on my back.
- 4** I always sleep alone, not with adults, siblings or pets, no toys, blankets, pillows or bumper pads.
- 5** My face is always uncovered.
- 6** I am always comfortably dressed, not overdressed or overheated.
- 7** I need to breathe smoke-free air. No smoking of any kind or secondhand smoke around me.
- 8** You will not drink or take drugs when taking care of me.



Learn More:  
[health.macombgov.org/Health-BabyResourceNetwork](http://health.macombgov.org/Health-BabyResourceNetwork)  
Contact Us:  
[babyresourcenetwork@macombgov.org](mailto:babyresourcenetwork@macombgov.org)

