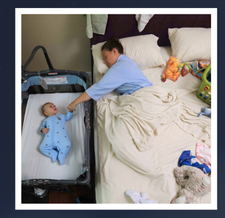
Safe Sleep, Strong Families, Mission Ready.

Babies are at **highest risk of accidental suffocation** and **strangulation in bed during the first 6 months of life.**

The ABCs of Safe Sleep:

Alone. Back. Crib.



A ▶ **Room share - give babies their own sleep space in your room, separate from your bed.**

B ▶ **Place babies on their backs to sleep, for naps, and at night.**





C ▶ **Use a firm, flat, and level sleep surface, covered only by a fitted sheet.**

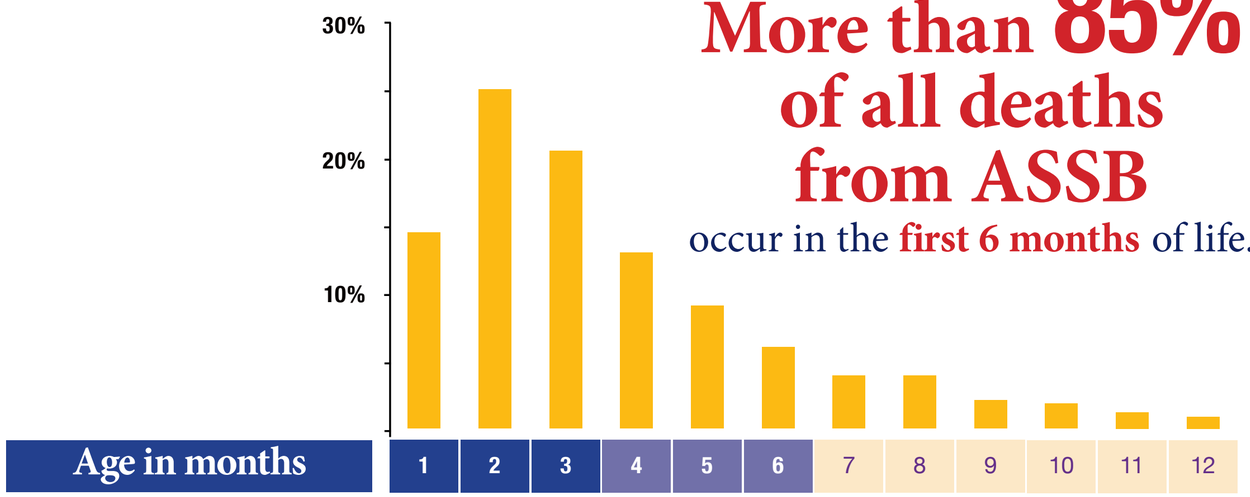
Parenting is hard.
Keep safe sleep simple:

Back to sleep.
Clear the crib.
Clear the risk.



Accidental Suffocation and Strangulation during Infant Sleep

Accidental Suffocation and Strangulation in Bed, or **ASSB**, occurs when something limits a baby's breathing; for example, when soft bedding or blankets are against their face or when a baby gets trapped between two objects, such as a mattress and wall.



More than 85% of all deaths from ASSB

occur in the **first 6 months** of life.

To learn more about how families stay mission ready.

Navy:
www.ffsp.navy.mil

Marine Corps:
www.usmc-mccs.org

Department of Navy:
www.secnav.navy.mil/ofr/missionreadyfamilies