

Safe Sleep, Strong Families, Mission

Shhhhh...quiet please. A parent and baby are getting much-needed rest.

Parenting is hard. Having an established support system helps families stay mission ready. Please keep noise low and give parent and baby time to rest.

Thanks for your support.

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



Safe Sleep, Strong Families, Mission Ready.

Parents and caregivers can reduce the risk for accidental suffocation, strangulation, and death by following these guidelines:

- **Room share - give babies their own sleep space in your room, separate from your bed.**
- **Place babies on their backs to sleep, for naps, and at night.**
- **Use a firm, flat, and level sleep surface, covered only by a fitted sheet.**
- **Avoid letting baby get too hot and keep baby's head and face uncovered during sleep.**
- **Clear the crib - no objects, toys, or other items.**
- **Offer baby a pacifier that is not attached to a string for naps and at night.**
- **Give babies plenty of "tummy time" when they are awake and someone is watching.**
- **Avoid swaddling once baby starts to roll over, typically around 3 months.**
- **Follow health care provider advice and keep all well-baby appointments.**