

# BARE is Best!

*for your baby's sleep environment*



## Keep your Baby Cozy

- Always place baby on back to sleep
- Use a crib that meets current CPSC standards
- Keep pillows, quilts, comforters and cushions out of baby's crib, bassinet or play yard
- Use a firm, tight-fitting mattress
- Positioning devices are unnecessary and can be deadly
- For warmth, dress baby in footed pajamas

## Without the Clutter



Never add pillows, quilts, comforters or cushions to your baby's crib, bassinet or play yard.

Nearly half of the infant crib deaths and two-thirds of bassinet deaths reported to CPSC each year are suffocations from a baby being placed on top of pillows and thick quilts or because of overcrowding in baby's sleep environment.



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www.CPSC.gov

**NH Safe Sleep Campaign**  
**NH Division of Public Health Services**  
**NH Department of Health & Human Services**  
**800-852-3345, x4517/ 603-271-4517**  
<http://www.dhhs.nh.gov/dphs/bchs/mch/sids.htm>