

Good Night, Sleep Right.

Reduce the risk of Sudden Infant Death Syndrome during nighttime and naptime.




CJ FOUNDATION
for SIDS™
1-888-8CJ-SIDS www.cjsids.com

**Face Up to
Wake Up™**



Crib Safety

The safest place for baby to sleep is on a firm mattress in a crib. Keep pillows, quilts, comforters, bumpers, stuffed toys and other soft objects out of the crib.



Face Up to Wake Up™

Baby should be placed on his or her back for sleep at nighttime and naptime.



Tummy Time

When awake and being watched by an adult, baby should spend time on his or her tummy.



Healthy Lifestyle

Create a healthy lifestyle for baby and you. Never smoke or drink while pregnant and never allow anyone to smoke around baby.



Spread the Word

Share this information with everyone who takes care of your baby.