



Babies Sleep Safest Alone

Your baby is safest when he sleeps by himself, on his back, in a crib or bassinet. Sleeping with your baby can be dangerous, especially if you drink, use drugs, are overweight or are sleeping on a small bed or couch. To keep your baby close, put his crib or bassinet near your bed. Keep the baby's crib free of pillows, fluffy blankets and stuffed toys. For more information, call 311 in New York City and ask for a safe sleeping brochure or go to www.nyc.gov/acs; throughout New York State, call 800-345-KIDS, or go to www.ocfs.state.ny.us.



David A. Paterson, Governor, New York State

Michael R. Bloomberg, Mayor

Gladys Carrión, Commissioner, NY State Office of Children and Family Services

John B. Mattingly, Commissioner, Children's Services