

Safe Sleep Plans Start Here!

Plan. Prepare. Share.



Safe Sleep Tips to Protect Baby



Every night.
Every nap.
Every feeding.
Every time.



dshs.texas.gov/SafeInfantSleep



Clear baby's crib of all objects, including blankets, toys, and loose sleep wear.



Sleeping in the same room as baby, **but not the same bed**, keeps baby safe.



Be prepared for any **situation**, and share safe sleep plans with others who may help care for baby.



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