



# Six Items to Promote Safe Sleep

- ◆ **Nightlights** can help mom see without being too bright, but make sure they are away from any draping or flammable items.
- ◆ **Smoke alarms** should be outside any and every bedroom; they last the longest when used with lithium batteries.
- ◆ **Carbon-monoxide detectors** should be close to the floor and near the bedrooms as well.
- ◆ **Cool-mist humidifiers or vaporizers** should be used to prevent burns.
- ◆ **Pacifiers** can help soothe baby but should not be clipped to their clothes or used with a stuffy attached, as the string and stuffy could block breathing.
- ◆ **Cribs, bassinets, or other sleeping areas** should be away from the walls to prevent baby's limbs from being pinched.

Safe sleep is up to you. For more safe sleep tips, visit [hmhb-mt.org](http://hmhb-mt.org)

**Safe Sleep: Learn ♦ Plan ♦ Provide**