



# Parents need a night off sometimes.

Offer to help by putting baby to bed:

- ◆ On their back
- ◆ On a firm surface
- ◆ Free from loose objects
- ◆ Swaddled but not too warm

Find more ways to help at [hmhb-mt.org](https://hmhb-mt.org)

**Safe Sleep: Learn ◆ Plan ◆ Provide**