

Additional Tips to Keep Your Grandbaby Safe and Sound

Consider using a clean, dry pacifier when placing your grandbaby to sleep. You should wait until your grandbaby is one month old or used to breastfeeding first.

Provide “tummy time” when your grandbaby is awake and someone is watching. Tummy time helps your grandbaby’s head, neck and shoulder muscles get stronger and prevents flat spots on the head.

Because many products have not been tested for effectiveness or safety, avoid using products that claim to reduce the risk of infant related deaths.

*Congratulations
on becoming
a grandparent!*

**For video + more
information visit:**

SafeSoundBabies.com

Say **YES** to Safe Sleep For Grandbabies



**Our Babies:
safe&sound**

TEAM
for West Virginia
Children

The
West Virginia
Children's Trust
Fund

Claude Worthington
Benedum Foundation

**Tips for keeping
your new Grandbaby
safe while sleeping**

This program is being presented with financial assistance as a grant to the TEAM for West Virginia Children from the WV Department of Health and Human Resources.

Say **YES** to Safe Sleep for your Grandbaby at every bedtime and naptime

As a grandparent, you may notice how different things are from when you raised your children. You are an important role model and can make a difference in making things safer and better for your grandbaby!

Tell others the importance of Saying **YES To Safe Sleep and the ABC's** -**alone**, on her **back**, and in a **safe** crib nearby.

Did you know?

One baby dies every 10 days in West Virginia as a result of unsafe sleeping. A baby can suffocate or become overheated. These tips will help prevent this from happening.

For video + more information visit:

SafeSoundBabies.com

YES

Baby always sleeps alone, on her back and in her crib

YES

Crib is clear of toys, heavy or loose blankets, bumper pads & pillows

YES

It's safest for baby to sleep in her own space nearby, but **not** in your bed or on a couch or soft surface

YES

Dress baby in light sleep clothing and keep the room at a comfortable temperature

YES

Mattress is firm & fits close to the sides

YES

Baby sleeps in a smoke-free room

