



—LOVING ARMS—
CHILDBIRTH SERVICES

SMART STEPS TO SAFER BEDSHARING

SAFE SLEEP 7

MEET ALL 7 AND YOU CAN SLEEP SWEET!



NO SMOKING

In the house or outside



SOBER PARENTS

*No Alcohol,
No Drowsy Meds*



NURSING MOTHER

Day & Night



HEALTHY BABY

Full Term



BABY ON BACK



NO SWEAT

No Swaddle



SAFE SURFACE

No super-soft mattress, No extra pillows, No toys,
No heavy covers.

Clear of strings and cords.

Pack the cracks: use rolled towels or baby
blankets.

Cover the baby, not the head



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Safe Sleep 7 From:
Sweet Sleep – Nighttime and
Naptime Strategies for the
Breastfeeding Family
Le Leche League International



www.lovingarmschildbirthservices.com