

## #SafeSleepVA

### Facebook



Only 80% of Virginia babies were placed on their backs to sleep in 2013. ALWAYS place baby on their back to sleep and help reduce the risk of SUIDS/SIDS.

#SafeSleepVA <http://bit.ly/2sZuo3s>

### Twitter



80% of #Virginia babies were put on back to sleep. Place baby on back to sleep to ↓ risk of #SIDS. #SafeSleepVA <http://bit.ly/2sZuo3s>



Let babies use a pacifier during naptime and bedtime. Pacifiers lower the risk of SUIDs/SIDS. #SafeSleepVa <http://bit.ly/2tlc3sx>



Let #baby sleep with a pacifier during naptime & bedtime to help lower risk of #SIDS. #SafeSleepVA <http://bit.ly/2tlc3sx>



Parents and grandparents: Breastfeeding has been found to protect a baby against SUIDs/SIDS. After



#Parents & #grandparents: Breastfeeding has been found to protect a baby against #SIDS. #Grandma #Breastfeed

breastfeeding lay the baby on his/her back in their own crib. #SafeSleepVA



Do not smoke around your own or other people's babies. Exposure to smoke has been found to increase the risk of SUIDS/ SIDS. If you or a loved one smoke call 1-800-QUITNOW. #SafeSleepVA <http://bit.ly/2spwEOt>



Don't smoke around #babies. Smoke has been found to raise the risk of #SIDS. Call 1-800-QUITNOW if you or a loved one smokes. #SafeSleepVA



Parents and caregivers should share their room not their bed. Bed sharing increases the risk of #SUIDs/SIDS.  
#SafeSleepVA



#Parents & caregivers: share your room, not your bed. Bed sharing increases the risk for #SIDS. #Tips #SafeSleepVA



Make sure your baby's crib has a tight fitting, firm mattress and fitted sheet made for that product.  
#SafeSleepVA <http://bit.ly/2sZuo3s>

Your baby's crib needs a tight fitting, firm mattress and fitted sheet made for that product. #MomLife  
#SafeSleepVA <http://bit.ly/2sZuo3s>