



**BlueCross BlueShield
of Texas**

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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**Safe
Sleep
FOR
Your Baby:**



**A Guide for Parents
and Caregivers**

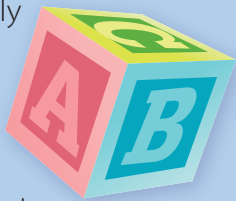


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Safe Sleeping Tips for Your Baby

- ★ Place babies on their backs every time they are ready for sleep; do not place babies on their stomach. This includes nap time as well as at night.
- ★ Place your baby on a firm sleep surface, such as a safety-approved crib/bassinet that is covered with a tightly fitted sheet. Your baby should not sleep in an adult bed, on a couch or on a chair alone, with you, or with anyone else. Your baby can sleep in the same room with you.



- ★ If you bring your baby into your bed to breastfeed, make sure to put the baby back in a separate sleep area after breastfeeding.
- ★ Keep soft objects such as toys, loose bedding, comforters, pillows, crib bumpers, or blankets out of the crib/bassinet.
- ★ Keep your baby from overheating. Dress your baby in light, comfortable clothing, such as a sleeper, with no more than one layer, rather than using a blanket. Keep the room at a temperature that is comfortable for an adult.
- ★ Breastfeed as much and for as long as you can. This helps keep your baby healthy.
- ★ Do not smoke or allow smoking around your baby.
- ★ Make sure everyone who cares for your baby or for a baby younger than one year knows about safe sleep!



Tummy Time

Remember, babies need plenty of tummy time when they are awake and while being watched by someone. Tummy time helps strengthen important muscles in your baby's neck, shoulders and arms. It also helps to prevent flat spots on the back of your baby's head.

Contact Blue Cross and Blue Shield of Texas Special Beginnings® at **1-888-421-7781** (TTY/TDD **7-1-1**) to learn more about the **Safe Sleep Program**.

Please call our **24 Hour Nurse Advice Line** at **1-844-971-8906** (TTY/TDD **7-1-1**) for toll-free support around the clock.

www.bcbstx.com/chip

Safe Sleep for
your baby is as
simple as **ABC**.

Babies should
sleep **A**lone,
on their **B**acks,
and in a **C**rib.