

5 Best Baby Sleep Tips

Healthy Baby Growth~

- Tip **1** **Sleep on the Back** Always put your baby to sleep on the back
- Tip **2** **No Pillow** Never let your baby to sleep with a pillow
- Tip **3** **Separate Bed** Always sleep in separate bed with your baby even in the same bedroom
- Tip **4** **Avoid Stifling** Make sure the blanket is placed no higher than chest level and keep their hands free
- Tip **5** **No Soft Objects** Never put any pillow, blanket, soft toy or crash pad on the crib

Dear Parents,

Inappropriate infant sleep environment is the major risk factor of sudden infant death syndrome (SIDS) of babies aged under one. Learn these five tips to avoid any accidents and allow babies to grow healthy!



See more for safe
sleep for babies



Health Promotion
Administration, MOHW
Sponsored by Tobacco Health
Welfare Surcharges of Health
Promotion Administration

Care About You

廣告