IT MIGHT NOT BE PRETTY.
BUT IT CAN BE PEACEFUL.

Getting sleep with a newborn is not easy. But when babies are put to bed in their own, clutter-free space, it's safer for them and offers peace of mind for you.

Help baby sleep safely so you can sleep soundly.
healthychildren.org/safesleep

American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®