



How To Lower The Risk Of SIDS In The African American Community

- Place Your Baby On His/Her Back To Sleep
- Remember, No Smoking Anything Around Your Baby
- Your Baby Needs To Sleep On A Firm, Flat Surface
- Your Baby Needs To Be Kept Warm, Not Hot
- Your Baby Needs To Have Regular Checkups And Immunizations
- Breastfeed Your Baby



For more information, please call the California SIDS Program

800-369-SIDS (7437) • www.californiasids.com

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