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# [FILE] SAFE SLEEP TIPS FOR YOUR BABY EBOOK

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If you're busy preparing your baby's room, or are buying a cot for him to sleep in, here are some safety tips to keep in mind. Learn the basics of baby sleep safety and get answers to questions like these and more. You can watch CTP's Never Shake & Safe Sleep for Your Baby videos on this page. Use this guide to keep your baby safe during every sleep. It is not safe for baby to sleep on a couch. It's September - the days are getting shorter, the breezes a little cooler, and typically more babies are born this month than any other. What do I need to check if I'm buying a new cot?

That's why it is so important to always give babies room to breathe. Helpful Tips to Keep Your Baby Safe. Safe to Sleep. More information on newborn care and safety. Reviews baby sleep aids and sleep training programs.

Trying out a few proven sleep tips may help ease those first few uncertain weeks, and help new parents navigate their baby's sleep schedule. Baby sleep tips and articles about newborn sleep, baby sleep patterns, and baby sleep problems. Keeping Children Safe; Preventive Services Practice Guidance Manual : An important part of safe sleep is the place where your baby sleeps, his sleeping position, the kind of crib or bed, type of mattress and the home environment (i.e. The Safe Sleep for Your Baby video provides steps to create a safe sleep environment for your baby and lower the risk of Sudden. Sleeping with your baby can be a beautiful, safe experience - SIDS is only more likely to occur if you sleep with your baby in an unsafe way.

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## Other Useful References

Following are some other documents relevant to "[File] Safe Sleep Tips For Your Baby eBook".