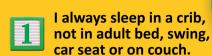






## You pledge to

by following these rules:





- 3 I always sleep on my back.
- I always sleep alone, not with adults, siblings or pets, no toys, blankets, pillows or bumper pads.
- My face is always uncovered.
- 6 I am always comfortably dressed, not overdressed or overheated.
- I need to breathe smoke-free air. No smoking of any kind or secondhand smoke around me.
- You will not drink or take drugs when taking care of me.



Learn More:
health.macombgov.org/HealthBabyResourceNetwork
Contact Us:
babyresourcenetwork@macombgov.org

