



I'm Sleeping Safely



According to the ABCs of Safe Sleep!

Alone, on my

Back, in a

Crib!



Prevent Child Abuse
Florida



THE
Ounce of Prevention Fund
OF FLORIDA



FLORIDA DEPARTMENT OF
CHILDREN AND FAMILIES



I Need Some Time!

Sometimes I cry for no reason, and that's okay! I might cry for 3 or more hours a day even when all my needs are met.

Here is what you can do:

- Have someone else watch me for a little while.
- Set me in my crib or another safe place and go in the next room.
- Check on me every 10 minutes to see if I need anything.
- Listen to music or exercise.
- Call a friend, family member, or 2-1-1 for support.