Help prevent SIDS: Put me to sleep on my back!

If they are having a hard time breathing, babies will be able to wake up more easily when they sleep on their backs. This will help prevent your baby from developing a deadly condition called “SIDS” or Sudden Infant Death Syndrome.

Many people think babies choke when put to sleep on their backs, but studies show this is not true. Babies that sleep on their backs will also be healthier and smarter because they spend more time in light sleep and dreaming.

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