

Join the #SafeSleepSnap activity!

What is #SafeSleepSnap?

This fun social media activity encourages parents and caregivers to follow safe infant sleep practices.

How do I join #SafeSleepSnap?

Post a photo of a baby in a safe sleep environment with the hashtag #SafeSleepSnap on your social media account. And you're done—it's a snap! —visit <https://bit.ly/SafeSleepSnap> for ideas and tips.

Why should I join #SafeSleepSnap?

The best way to tell people about ways to reduce babies' risk of SIDS and other sleep-related causes of infant death, like suffocation, is to show them.

Help us to encourage safe infant sleep during Sudden Infant Death Syndrome (SIDS) Awareness Month



Visit the Safe to Sleep® website to learn more about #SafeSleepSnap.

<https://safetosleep.nichd.nih.gov/>



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