

# 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/>

