



**A Community of Committed Men**  
*Protect Our Future*

[www.gisscenter.org](http://www.gisscenter.org)



# 13,000

**African American babies die before  
their 1st birthday**

What every man who wants to protect  
our babies should know to reduce  
Sudden Infant Death Syndrome (SIDS)  
and avoid accidental deaths:

## **Seven Safe Sleep Best Practices**

- 1.** Put the baby to sleep on his/her back in a safety approved crib or bassinet
- 2.** Do not use bumper pads, blankets or pillows
- 3.** Offer a pacifier at nap and night time
- 4.** Make sure babies are immunized
- 5.** Do not smoke in your house or around baby
- 6.** Do not let baby get too hot
- 7.** Encourage breastfeeding

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