





Safe Sleep

Safe Sleep looks different in the NICU than it will when we go home.

- *Where will I sleep now? Where will I sleep when I go home?*
- *What position is right for my medical and developmental needs?*
- *How will my needs change over time?*
- *How can we protect my sleep so that I can heal and grow?*

	 START	MILESTONE	MILESTONE	MILESTONE	GOAL 
					ABC • alone • on my back  • in my crib
