

## Build Math Into a Child's Day!

Math is everywhere!

Studies show that a child's math skills at kindergarten entry are a better predictor of future academic success than reading skills, social skills, or the ability to focus. We can give kids a head start by helping them get comfortable with math concepts like measuring and counting at home.

Here are some ways to add math to a child's day.

### 1. Bake something together

You can't help but use math when you're baking. Doubling recipes requires multiplying, halving a recipe requires dividing, and measuring a  $\frac{1}{2}$  cup or a  $\frac{1}{4}$  teaspoon gets you working with easy fractions. At a more basic level, kids love counting out chocolate chips.

**Ask a child:** *How many chocolate chips do you think it will take to fill one cup? How many for  $\frac{1}{2}$  cup? Count together and see how close you came to the right answer!*

### 2. Measure, count, and record

Most kids love stopwatches, and watching the seconds tick by gives them opportunities to practice counting. Measure distances and heights. Count jumping jacks, push-ups, or consecutive kicks of a soccer ball.

**Ask a child:** *How far can you throw a ball? Take a guess, then throw the ball as far as you can and measure the distance.*

*How many jumping jacks can you do in a minute? Try it!*

*How many times can you jump rope or bounce a ball without missing? Count and see.*

### 3. Build something together

Big or small, any project that involves measuring includes counting, adding, and multiplying. It doesn't matter whether you're making a clubhouse out of shoeboxes or building a genuine tree house. Legos and other building toys are wonderful tools for incorporating both numbers and

spatial thinking into playtime.

**Ask a child:** *How high can you build that stack of Legos?*

*How many Legos do you need to stack to reach as high as the coffee table?*

*Can you make a square? A rectangle? Other shapes? Talk about the shapes of whatever your child has created.*

### 4. Plan dinner or a party

Whether you're planning a party or just getting ready for a family dinner, there are plenty of math concepts involved. Have children help set the table and count out the plates, napkins, and silverware. For a party, have children help with the shopping. You know you're going to have to do some math since all of those plates, balloons, and party favors are packaged in different quantities!

**Ask a child:** *How many plates, napkins, and forks do you need for dinner?*

*If you're inviting 10 guests to a party, and the plates come 8 to a pack, how many packs are you going to need? How many are going to be left over?*

*If you're not planning a party in the near future, get creative. Why not host a tea party for your child's favorite stuffed animals?*

There are plenty of other ways to keep kids thinking about math—board games, stickers, and stargazing, to name a few. The important thing is just to encourage children to see the numbers all around us and to keep things fun. This is how we'll raise a next generation that thinks math is cool!



Reference: Duncan et al. (2007) *School Readiness and Later Achievement. Developmental Psychology*, Vol. 43, No. 6, 1428-1446.

Excerpted from:

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NAEYC.org

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## From the Director's Desk

Happy 2020! As we look at what the coming year may bring and set goals for ourselves for the New Year, the Child Care Resource and Referral program hopes to work closely with child care programs and the community to help ensure families thrive. I hope that included in your goals is how you can help to strengthen children and families in your care, as well as your own. Currently, there is a lot of focus on self-care, particularly for people in a caregiving role, and the importance that self-care plays in a person's ability to continue to do their job well and maintain their relationships. Both thriving families and well-cared-for child care providers are important to the Child Care Resource and Referral agencies in New York and to the greater good.

For the families with children in your care, there are many ways that you can help to strengthen them. When you see a parent struggling with an issue related to a child's developmental stage, with appropriate discipline or setting good boundaries with their children, or when families share that there are struggles at work, between the parents, with financial burdens, or with caring for extended family are you ready and able to be a resource for that family? When a family shares the intimate struggles that they are dealing with, how do you respond?

Raising children is a parent's most important job and takes many supports to assist them in doing it well. This includes schools and teachers, doctors, extended families and friends. It also includes child care programs. While we know that parents count on providers for advice about child development and ways to help their children through different milestones and barriers, parents also may need information and support about so many things with regards to family life and raising children. As a provider, you are giving information about child development, which can help support the child and families with issues related directly to the child. Another step that high quality child care programs take is to offer resources to support the family as a whole, with respect to the needs of the individual family.

Parents come to see their child care providers as a resource and caring ear or sometimes a friend. As such they often feel that they can let their guard down, be themselves, and share information with them. As providers, it is important to realize how special it is to be trusted in this manner, but also what an opportunity is being provided for us to provide appropriate answers, tips, and resources that may make a real difference to the family's situation. It can be vital to families that when they are struggling and they voice that, that someone responds with resources that can help them to move forward. Often people tell someone that they are experiencing a problem but it goes unrecognized and nothing is done to help. That said, providers are

not experts on everything that a family may encounter so it is important that providers know where they can seek out more information and guidance, as well as knowing how best to help a family while maintaining appropriate boundaries.

Child care providers can, of course, go online to search for help. This will require time to make sure that the resources are from a credible source, relevant and up to date, and when possible, local. Programs can also look to their partner in this endeavor, the Child Care Resource and Referral program, for assistance, additional information, tips, and resources for families. It may take them a short time to pull all of the relevant resources together for you to help families with specific problems as they may need time to make phone calls to other agencies to gather information or to gather printed materials for use. The CCR&R can spend the time tracking down the resources that you need to give the parents in your care so that programs do not have to spend time searching out the information. The CCR&R may also be able to offer on-site support to the program by working with the program and the parents together on an issue. In addition, there are other programs and agencies that specialize in children with special needs and schools, child development, parenting classes, as well as things like financial hardships, working on a budget and paying off debt, working on nutrition, and conflict resolution. Whether it is you, you and the CCR&R or an outside agency, knowing how to access the resources families need can go a long way toward helping them to thrive.

After providing all that you do to children and families, how do you make sure that your own family is happy and thriving? Probably one of the most important things that you can do it to make sure that you practice good self-care. This is an area that many caregivers, if being graded, would fail. I would fail myself in that category some of the time. I have gotten better at this. I still have room for improvement. Self-care encompasses many things including eating right, exercising or practicing yoga, getting enough sleep, turning off electronics, doing things that you like such as reading, enjoying a cup of tea with a friend or family member, visiting and having fun, having quiet and restful time, becoming part of a group, a church, or a club that focuses on things you enjoy, taking training or a class to explore your interests on a deeper level and stretches your mind, making time for the things that are important to you, and taking a break when you need one.

Some of the pitfalls of not practicing good self-care include not being there when the people you love and care about need you or want you there. I don't want to miss out on all of the things that come with having a happy and thriving family. Child care providers, whether working in a center or running a home based program, often get up very early to begin their day. They finish their day after 10-12 hours and then they have to clean up and prepare for the next day.

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*Continued - From the Directors Desk*

After that, they have the same family chores, events, and obligations that the rest of the world has. It makes for long days and not a lot of free time.

Another pitfall of not practicing good self-care is that the schedule can cause burn out, resentment, a negative outlook, and possibly affect your mental health. You must be careful to make the time and commitment to yourself and the things you value. In that way you will be able to make sure that you can be present and supportive to all of the people and families that depend on you, including your own. If you make a commitment to your spouse or child, do not feel bad for keeping it, even if that means that you have to say no to an afterhours event with friends or if you need to close an hour early one day. Your own family is the biggest reason that you work so hard and they often take a backseat so it is important to them as well as to you that they get to be in the front seat sometimes. Our area cannot afford to lose child care programs, particularly those high quality programs where children and their families are served well. The CCR&R can help you to evaluate your own self-care and to create a plan to do a better job caring for yourself and making time for what matters to you in ways that are respectful of families, including yours. It is going to be a great year!

*Christy*

### IN MEMORIAM

It is with sadness that we would like to inform the child care community of the passing of a long term child care provider from Schenevus, Linda Briggs. Linda was a registered child care provider in the Schenevus area for approximately 30 years who offered care to families in need, including evening and weekend care as needed. We were glad to have worked with her and appreciated her giving nature and openness with us and with the community. Our condolences to her family, friends and those she worked with.

### Paper Roll Snowman Craft

Let's make a snowman or two! Grab all the rolls you can and make a bunch of these cuties.



## SHARE YOUR NEWS AND IDEAS!

What's happening in your program? We want to know! You are invited to send submissions to our quarterly newsletter, including articles, ideas, events, family friendly activities, pictures of nutritious recipes etc.



If you would like to contribute please contact Kim at (607) 432-0061 or [kahearn@charitiesccdo.org](mailto:kahearn@charitiesccdo.org)



QUALITYstarsNY is New York State's voluntary 5-Star early childhood Quality Rating and Improvement System. Since its inception, QUALITYstarsNY has focused its evidence-based practices to ensure young children in participating programs have access to excellence and their families can trust the level of quality in the programs they choose.

QUALITYstarsNY has 75 Standards of excellence that fall into four categories: Children's Learning Environment, Family Engagement, Leadership & Management, and Staff Qualifications & Experience. Assessment, coaching, professional development, and a wide range of resources are made available to each site, to earn higher star ratings.

Currently, QUALITYstarsNY operates in all 10 economic regions across the state and serves approximately 800 sites serving low income families in high-need communities. All regulated sites are eligible to apply for participation including child care, family child care, Pre-k in both centers and schools, and Head Start/Early Head Start. QUALITYstarsNY operates an extensive and comprehensive data system that tracks every investment in money, time, and effort to ensure accountability and to provide a greater understanding of what it takes to generate and sustain high-quality early education for young children.

Visit [QUALITYstarsNY.org](http://QUALITYstarsNY.org) to read about how the project began, how it operates and how it continues to grow.



## Professional Development

### Upcoming Trainings

#### Nurturing Children Through Baby Doll Play

▪ **March 19, 2019 - 6:30—8:30 pm**

As responsive caregivers of infants and toddlers we strive to increase the quality and quantity of one-on-one interactions with our children. In group care, our busy days can often leave us feeling “spread a little thin” and wishing for more opportunities for attunement, attachment, and social play exchanges. This training will introduce songs and social games to share with a child during caregiving routines and then again with baby dolls in play experiences. The easy, fun and meaningful steps to implementing this play model can help us to maximize the loving experiences caregivers and families share with their children by encouraging them to re-enact them in baby doll play. The secure feelings created with you get experienced all over again as they remember and re-experience the songs and social games with their baby dolls.

**Location: Catholic Charities, Oneonta**

**Call to register:** Catholic Charities (607) 432-0061.

#### Gross Motor Training

▪ **January 18, 2020 - 9 - 11:00 am**

Come prepared to actively participate while learning all about gross motor! You will gain ideas of ways to enhance what you are already doing with your children and learn new ways to incorporate gross motor into all areas of learning! With this training comes the opportunity to receive 4 hours of additional onsite training, and free materials (up to a \$250) to help you enhance your gross motor play.

#### **CPR and First Aid**

is a requirement for providing care for children, and **must have an in-person component.**

Catholic Charities will be partnering with Public Health in Cooperstown to offer biannual CPR and First Aid Classes.

There will be a **nonrefundable/nontransferable \$25.00 fee** to attend the class and it must be paid for in advance. A minimum of 5 participants will be required to hold the class.

#### **Health and Safety Competencies For Becoming a FDC/GFDC**

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. This is required training for becoming a Licensed/Registered Day Care Provider. This training spans multiple days and all days must be attended. You will receive 15 hours of training credit if your day care application is in process at the time of the training. Trainings are available at different times throughout the year at the child care resource and referral agencies listed on this page.

#### SUNY Training Strategies Group

**Funding for Training**

(518) 443-5940

- Medication Administration Training Grant Program  
[tsg.suny.edu/matgrant.shtm](https://tsg.suny.edu/matgrant.shtm)
- NYS Educational Incentive Program  
[tsg.suny.edu/eip.shtm](https://tsg.suny.edu/eip.shtm)

#### New York State Credentials

**NYAEC** - Promoting excellence in early care and education services for New York State children and families, through education, advocacy and the support of the profession (Family Child Care, Infant/Toddler Care, Children's Program Administrator) - [nyaec.org](https://nyaec.org)

**Network for Youth Success** - The New York State Network for Youth Success administers the New York State School Age Care (SAC) Credential, which promotes quality services to children and families by providing specific standards, training, and evaluation for afterschool professionals - [networkforyouthsuccess.org](https://networkforyouthsuccess.org)

#### Find a Degree Program

[Earlychildhood.org](https://earlychildhood.org) - Find a college near you that offers Early Childhood courses and degrees.

**SUNY Learning Network** - Find an online degree program - [sln.suny.edu](https://sln.suny.edu)

#### Regulatory Information

##### Group Family Day Care / Day Care Center

**Office of Children and Family Services**

155 Washington Ave., Albany, NY 12210

(518) 402-3038 | [ocfs.state.ny.us](https://ocfs.state.ny.us)

##### Family Day Care / School Age Child Care

**Child Care Support Services, Catholic Charities**

176 Main Street, Oneonta, NY 13820

(607) 432-0061 | [charitiesccd.org](https://charitiesccd.org)

#### Fingerprinting for Child Care Settings

**L1 Identity Solutions**

[IdenToGo.com](https://IdenToGo.com)

(877) 472-6915

#### CCR&R Agency Training Resources

- **Delaware Opportunities** - Hamden  
(607) 746-1620 | [delawareopportunities.org](https://delawareopportunities.org)
- **Family Enrichment Network** - Johnson City  
(607) 723-8313 | [familyenrichment.org](https://familyenrichment.org)
- **Capital District Child Care Coordinating Council** - Albany  
(800) 521-5437 | [cdcccc.org](https://cdcccc.org)
- **Child Care Solutions** - Syracuse  
(315) 446-1220 | [childcaresolutionscny.org](https://childcaresolutionscny.org)
- **Cornell Cooperative Extension of Oneida County** - Oriskany  
(315) 223-7850 | [cceoneida.com/child-care-council](https://cceoneida.com/child-care-council)

# News, Updates and Training Opportunities

## Health Care Consultancy & Medication Administration Training

Child Care Support Services has partnered with Otsego County Public Health Nursing to provide Health Care Consultancy Services to child care providers in Otsego County, as well as the Medication Administration Training/MAT Renewal Training.

To contact the HCC/MAT Trainer:  
 Matt Johnson, RN, CHN  
 johnsonm@otsegocounty.com  
 (607) 547-7518

### SCR Clearance Fees

All prospective daycare providers (**FDC, GFDC and Legally Exempt Child Care**) and applicants for employment in day care programs will be charged a \$25 fee for any SCR database check. Payment can be made by certified check, postal or bank money order made payable to "New York State Office of Children and Family Services" and submitted with the SCR form DSS-3370.

Questions? Call Cindy at (607) 432-0061

### Child Development Associate

**CDA Council** - The Child Development Associate (CDA) Credential is the most widely recognized credential in early childhood education (ECE) and is a key stepping stone on the path of career advancement in early childhood education - [cdacouncil.org](http://cdacouncil.org)

### Accreditation

**National Association for the Education of Youth Children** - NAEYC's two quality assurance system levels equip programs with the tools to provide the best learning experiences for young children and provide the highest quality professional preparation of educators by meeting national standards of quality - [naeyc.org](http://naeyc.org)

**National Association for Family Child Care** - NAFCC sponsors the only nationally recognized accreditation system designed specifically for family child care providers. Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation - [nafcc.org](http://nafcc.org)

### Online Learning

- [ecetp.pdp.albany.edu](http://ecetp.pdp.albany.edu)  
*Select sign up for early childhood e-learning*
- [tsg.suny.edu/elearn.shtm](http://tsg.suny.edu/elearn.shtm)  
*Various childcare learning opportunities to choose from*
- [carecourses.com](http://carecourses.com)  
*Book & Online Training for Early Childhood Professionals*

## Enhanced Rates for Legally-Exempt Child Care Providers!

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Legally-Exempt **family** and **in-home** child care providers may be eligible to receive an enhanced rate of reimbursement when they have completed 10 hours of training during the past 12 months in specific areas described in Social Services Law, and they submit satisfactory documentation to the enrollment agency!

If you are a Legally-Exempt provider and would like more information, call our office at (607) 432-0061.

## Winning Beginning New York

Winning Beginning NY is a statewide coalition working toward the goal of high-quality, affordable and accessible early care and learning for all New York families. Its' members include parents, employers, children's advocates, service providers, labor unions, educators, pediatricians, law enforcement, research and community groups.

View the Winning Beginning New York State's Executive Agenda for 2018-2019:  
[winningbeginningny.org](http://winningbeginningny.org)

## How do you contact your legislators?

NY State Assembly: [nyassembly.gov](http://nyassembly.gov)  
 NY State Senate: [nysenate.gov](http://nysenate.gov)

## Enrolled Legally-Exempt Providers...

The New York State Department of Health's **Child and Adult Care Food Program (CACFP)** pays for meals and snacks served to children up to age 13 enrolled in Legally Exempt homes. The major focus of CACFP is to serve nutritious meals and snacks in day care homes which care mainly for children from low income households. However, all Legally Exempt providers meeting eligibility guidelines may take part in CACFP! Please call our office for more information:  
 (607) 432-0061.



Child Care Support Services has **Start-Up Reimbursement Grants** available for newly Registered or Licensed providers in Otsego County!

Reimbursement grants can total \$500 and are meant to help defer the cost of starting your child care business.

For more information, Contact Kim:  
 (607) 432-0061  
[kahearn@charitiesccdo.org](mailto:kahearn@charitiesccdo.org)

# Child and Adult Care Food Program

## Food for Thought

### KIDS IN THE KITCHEN

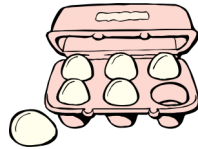
Cooking with children is a great way to teach math and science in your program.

- Measuring and counting ingredients are math skills that children can learn while having the fun of preparing foods that they can eat.
- Teach science skills when you point out how ingredients look, feel, smell and taste before they are cooked.
- Talk about where ingredients come from.
- Ask children how the dish they prepared changes after heating it in an oven.

### SPINACH EGG BAKE

#### Ingredients

- 2 1/4 cups spinach, frozen, chopped, thawed, and drained
- 6 eggs, large ( 1 1/4 cup of whole liquid eggs can be substituted for fresh eggs)
- 1 Tbsp. feta cheese, crumbled
- 1 tsp. onions, dehydrated, chopped
- 1/8 tsp. black pepper, ground
- 1/8 tsp. salt, table
- Nonstick cooking spray



#### Directions

1. Preheat oven to 350 degrees
  2. Thaw spinach in the microwave using package direction or by placing under cool running water.
  3. Drain excess water from spinach.
  4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well.
  5. Lightly coat medium baking dish (about 8x8) with nonstick cooking spray.
  7. Spread spinach evenly on the bottom of the baking dish.
  8. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish in the oven. Bake for 15 minutes at 350 degrees to an internal temperature of 160 degrees or higher for at least 15 seconds.
  9. Then, broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Cut into 6 even pieces. Serve immediately.
- \* 1 piece provides 2 oz. equivalent meal alternate and 1/4 cup vegetable.
- \*\* Swiss, cheddar, or ricotta cheese are great substitutes for the feta.

From: [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

## Slow Cooking

### CHICKEN STROGANOFF

- 4 skinless, boneless chicken breast halves - cubed
- 1/8 cup butter
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 (8 ounce) package cream cheese
- 1 (10.75 ounce) can condensed cream of chicken soup

Put chicken, butter and dressing mix in slow cooker; mix together and cook on low for 5 to 6 hours. Add cream cheese and soup, mix together and cook on high for another 1/2 hour or until heated through and warm. Serve with a side of broccoli or veggie of choice.

### POTATO AND EGG CUP

Using large muffin tins while preparing meals helps ensure that every child is receiving the correct serving size for each meal component.

#### Ingredients per 3-5 year old child served:

- 1/2 cup grated potato
- 1 egg
- melted butter
- Salt and pepper

Preheat oven to 400 degrees. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 minutes more until egg whites are set. Serve while warm and have the children sprinkle their favorite cheese on top.



### CONGRATULATIONS!

To the Newest  
Breastfeeding-Friendly  
Certified  
Day Care Home in  
Otsego County!

**Nikki Utter**  
Maryland, NY

# The Family Corner

## Winter Activities

- Oneonta World of Learning - Youngs Road, Oneonta  
[oneontaworldoflearning.org/](http://oneontaworldoflearning.org/)
- Noah's World - Roundhouse Road, Oneonta  
[www.noahsworld.net/](http://www.noahsworld.net/)
- AJ Read Science Discovery Center / SUNY Oneonta Planetarium - SUNY Oneonta Campus  
[suny.oneonta.edu/science-discovery-center](http://suny.oneonta.edu/science-discovery-center)  
[suny.oneonta.edu/planetarium](http://suny.oneonta.edu/planetarium)
- Gilbert Lake State Park - CCC Road, Laurens  
Sledding, snowshoeing, cross country skiing  
[parks.ny.gov/parks/19/](http://parks.ny.gov/parks/19/)
- Local Libraries - Storytime, child centered activities

### DID YOU KNOW?

It is required of your child's daycare program to provide daily supervised outdoor play, except during inclement or extreme weather. Make sure you are sending your child with the necessary clothing for this season like hats, gloves, coats, etc. so they are prepared to play! If you or your child is in need of winter clothing, please contact us for available resources.



### TAKE AN ACTIVE ROLE IN CHILD CARE!

Early care and education policy needs your support in order to truly give all children a great start in life.

For more information go to:  
[winningbeginningny.org](http://winningbeginningny.org)  
[childcareworks.org/take-action](http://childcareworks.org/take-action)

### Try CDC's FREE Milestone Tracker app today...

*Because milestones matter!*



Milestone checklists for 2 months to 5 years



Summary of your child's milestones



Activities to help your child's development



Tips for what to do if you have concerns



Appointment reminders



[cdc.gov/MilestoneTracker](http://cdc.gov/MilestoneTracker)

Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth to age five in participating communities within the United States, United Kingdom, Canada, Australia and Republic of Ireland.



Children living in Delaware and Otsego Counties are eligible to participate in this program! For more information and to register, visit:  
[www.ImaginationLibrary.com](http://www.ImaginationLibrary.com)

## WINTER READING

- Snowmen all Year By Caralyn Buehner
- Winter By Gerda Muller
- Flannel Kisses By Linda Crotta Brennan
- Squirrels New Year's Resolution By Pat Miller
- The Night before New Year's By Natasha Wing
- Happy New Year Everywhere! By Arlene Erlbach

## Free Online Child Care Referrals!

Are you a parent searching for child care in Otsego County?

You now have the ability to search for child care any time of the day or night!

Access to our online referral packet which includes information to help you make an informed child care decision!

**Visit our Website!**  
[www.CharitiesCCDOS.org](http://www.CharitiesCCDOS.org)

### Parent Training Resources

#### Family Service Association

Family Service Association provides information, advocacy, and referral services for individuals and families in need.

277 Chestnut Street, Oneonta | (607) 432-2870

#### Family Resource Network

The Family Resource Network Inc. (FRN) provides family support services to families who have a child with special needs.

46 Oneida Street, Oneonta | (607) 432-0001



**Child Care Support Services**  
 A Program of Catholic Charities  
 of Delaware, Otsego and Schoharie Counties  
 176 Main Street  
 Oneonta, New York 13820

## START YOUR OWN BUSINESS!

Become a Family Child Care provider today!

We are seeking registered and licensed providers for traditional and weekend child care.

For more details contact  
 Catholic Charities at:  
 (607) 432-0061

Or see our website:  
 CharitiesCCDOS.org



## OCFS OFFERING FREE GRACO CRIBS TO THREE TYPES OF DAY CARE PROVIDERS

OCFS is providing family-based child care providers a Graco Pack 'n Play – free.

All legally-exempt, family day care, and group family day care homes are eligible to request one Pack 'n Play and one fitted sheet.

For more information, visit: <https://ocfs.ny.gov/main/childcare/news/article.php?idx=1939>

### Follow the ABCs of Safe Sleep

Babies should sleep

**Alone**

On their

**Back**

In a

**Crib**

Right from the start

- Safety-approved crib
- Firm mattress with a tight, fitted sheet
- No smoking around the baby
- No toys, pillows, loose sheets, blankets, or bumper pads in the crib

