

SAFE SLEEP 101

ABCs of
Safe Sleep



Sleep Alone



on their Back



Clutter-free Crib



Reduce the Risk of SIDS!

Pregnant women and caregivers should:

1. Receive regular prenatal care
2. Maintain a smoke-free environment
3. Avoid alcohol and illicit drug use
4. Follow breastfeeding recommendations



KNOW THE SIDS* FACTS...

- #1** Cause of Child Deaths 1-12 Months
- 3,500** Total Deaths Each Year in the U.S.
- 40x** Greater Risk of SIDS for Babies Who Sleep in Adult Bed
- 60%** Lower Risk of SIDS for Babies Who Receive Breastmilk

*Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID)

Easy Tips to Follow!

- Make sure the crib meets safety standards
- Avoid putting baby in warm rooms or overheating
- Use a pacifier without cords or clips
- Supervise awake tummy time
- Follow immunization recommendations

THINK **S.N.O.R.E.S.** FOR KEEPING A SLEEPING BABY SAFE!

- S**—Smoke-free environment
- N**—No blankets or loose bedding
- O**—On their back to sleep
- R**—Room sharing, not bed sharing
- E**—Empty crib, free of toys & other soft bedding
- S**—Surface of mattress is firm



FOLLOWING SAFE SLEEP PRACTICES SAVES LIVES!

For more information check out - www.kidsks.org

Sources: Center for Disease Control and Prevention; www.cjsids.org/resource-center/sids-statistics.html; www.cpsc.gov; American Academy of Pediatrics