



Safe Sleep For Your Baby

Simple steps that make a BIG difference.

Learning how to help your baby sleep safely is important. **Sudden Unexpected Infant Death (SUID)**, which includes **accidental suffocation** and **Sudden Infant Death Syndrome (SIDS)**, is the leading cause of death for babies under one year old. Taking simple steps, like placing babies on their backs to sleep, keeping their sleep area separate, and avoiding soft bedding, can help reduce the risk of accidental suffocation.

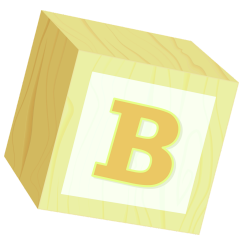
The ABC's of Safe Sleep



Alone

Your baby can sleep in your room, but in their own crib or bassinet.

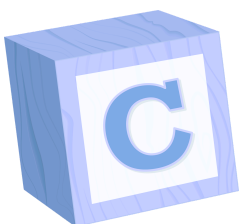
- Keep the sleep area free of blankets, pillows, toys, and bumpers
- Even twins each need their own crib or bassinet!



Back

Always place your baby on their back for every sleep—naps and nighttime.

- This is the safest position for baby
- Once baby can roll both ways, let them find their own position



Crib

Use a firm, flat sleep surface like a crib, bassinet, or play yard.

- Use only a tight-fitting sheet
- Make sure it meets current safety standards

Every Sleep. Every Time. Naps and nighttime.

Common Questions Parents Ask

“What if my baby falls asleep in a car seat or swing?”

Move your baby to a flat, firm sleep surface as soon as you can.

“How can I keep my baby warm without a blanket?”

Dress your baby in layers or a sleep sack instead.



We know parenting is hard and you're doing your best.

If you ever feel overwhelmed or unsure, you're not alone—reach out for support. Simple steps can make a big difference.



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Why Safe Sleep Matters

Safe sleep reduces the risk of accidental suffocation and Sudden Infant Death Syndrome (SIDS). Most sleep-related deaths happen when babies are in unsafe sleep environments.

Sleep related deaths are PREVENTABLE.

How to create a safe sleep space

- ✓ Place baby on a firm mattress with a fitted sheet
- ✓ Keep baby's sleep area (such as a crib or bassinet) in your room for at least the first 6 months
- ✓ Dress baby in light sleep clothing, not loose blankets
- ✓ Keep the room at a comfortable temperature (not too hot)



What to avoid in a safe sleep space

- ✗ Bed-sharing (even for a short time)
- ✗ Couches or armchairs for sleep
- ✗ Pillows, quilts, comforters, or stuffed animals
- ✗ Inclined sleepers or positioners
- ✗ Smoking around baby, their clothing and other items

Based on safe sleep recommendations from the American Academy of Pediatrics

Talk with your pediatrician or a trusted provider if you have questions about safe sleep.

Find more support at

www.dcf.illinois.gov
www.dhs.state.il.us
www.illinoiscaresforkids.org
www.healthychildren.org