

REMEMBER THE ABC'S OF
SAFE SLEEP FOR YOUR BABY!

ALONE



On their
BACKS



In a
safe
CRIB





BE SURE YOUR BABY IS SLEEPING SAFELY – FOLLOW THE ABC'S OF SAFE SLEEP!

Sleep suffocation is the leading cause of reported child deaths in Illinois. Babies die every week in Illinois while sleeping on adult beds, couches, pillows, blankets, and other soft surfaces as well as in car seats, bouncy seats, and infant swings.

Babies should always sleep...

ALONE

Not in a bed, on a couch, or in chair with anyone, including parents and other children. If you breastfeed in bed, soothe your baby back to sleep while standing and then return her to her crib.

On their BACKS

Always place your baby on his back to sleep.

In a safe CRIB

Your baby should sleep in a crib with a firm mattress covered by a tightly fitted sheet. Keep all stuffed animals, toys, pillows, blankets, quilts, crib bumpers, and sleep positioners out of her crib.

Additional sleep safety tips:

- Don't smoke before or after your baby is born, and don't let others smoke around your baby.
- Try using a pacifier when placing your baby to sleep, but don't force it. If you are breastfeeding your baby, wait until he is one month old or is used to breastfeeding before using a pacifier.
- Don't let your baby overheat during sleep. Dress her lightly for sleeping, and keep the room at a temperature that is comfortable for an adult.
- If you are having difficulty getting your baby to sleep, contact your pediatrician or the Fussy Baby Network at 1-888-431-BABY (2229).
- Visit the Consumer Product Safety Commission's Crib Safety Information Center for sleep safety tips and a list of recalled products.

Baby awake and ready to play?

After sleeping safely, your baby needs plenty of supervised "tummy time" playing and interacting with others to help build strong neck and shoulder muscles. Don't let him spend too much time in car seats, carriers, and bouncers, which won't help fully develop his muscles.