Most sleep-related deaths may be preventable through safe sleep practices.



Remember the ABCs of Safe Sleep. <u>Alone, on the Back and in a Clutter-free Crib.</u>

- Placing babies on their backs is the number one way to reduce the risk of SIDS.
- Place your baby in a safety-approved crib with a firm mattress and well-fitting sheet.
- A safety-approved crib includes a portable crib/bassinet (henceforth "crib").
- Cribs should be free from toys, soft bedding, blankets and pillows.
- The safest place for your baby to sleep is in the room with you, but not in your bed.
- Think about using a clean, dry pacifier when placing your baby down to sleep.
- Consider using a wearable blanket or other sleeper instead of a blanket to avoid the risk of overheating. Keep the room at a temperature that is comfortable for a lightly clothed adult.
- Talk about safe sleep practices with everyone who cares for your baby.

Let us connect you with training!

We can help you find a certified Safe Sleep Instructor (SSI) near you. Request a training or become a safe sleep instructor. Certified SSIs are located across the state (see yellow counties) to provide safe sleep trainings.

Cheyeni	ne Ra	awlins	Decatur	Norton	Phillips	Smith		Repub- lic	Wash- ington	Mar- shall	Nem ha	a-Brow	tchi-1	Leaven
Sherma	man Thomas		Sheri- dan	Graham	Rooks	Osborne	Mitchell	Cloud	Clay	Bile		lack- on Je	effer-	Wyan- dotte
Wallace	Lo	gan	Gove	Trego	Ellis	Russell	Lincoln Ells-	Ottawa Saline	Dickin- son	Geary	Wabaun- see	Shaw- nee	10.5	John- son
Greeley	Wichi- ta		Lane	Ness	Rush	Barton	worth	McPher.		Morri	s Lyon	Osage	Frank- lin Ander-	Miami
Hamil- ton	Kearny		Finney	Hodge- man	Pawne Ed- wards	e Stafford		Harv		Chas	e Green-	Coffey Wood- son	son	Linn Bour- bon
Stan- ton	Grant	Hask- ell	Gray	Ford	Kiowa	Pratt	Kingma	n Sedgw	ick B	utler	Elk	Wilson	Neosho	Craw- ford
Mor- ton S	tevens	Sewar	d Meade	Clark	Co- manche	e Barbei	Harpe	r Sumi	ner Co	owley		Mont- gomery	La- bette	Cher- okee



For more information on receiving training or becoming a certified Safe Sleep Instructor, contact KIDS Network:

> Maria Torres Safe Sleep Instructor (SSI) Program Director <u>ssidirector@kidsks.org</u> (316) 682-1301

More Information

- <u>kidsks.org</u>
- kidsks.org/safe-sleep
- kidsks.org/safe-sleepinstructors