

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

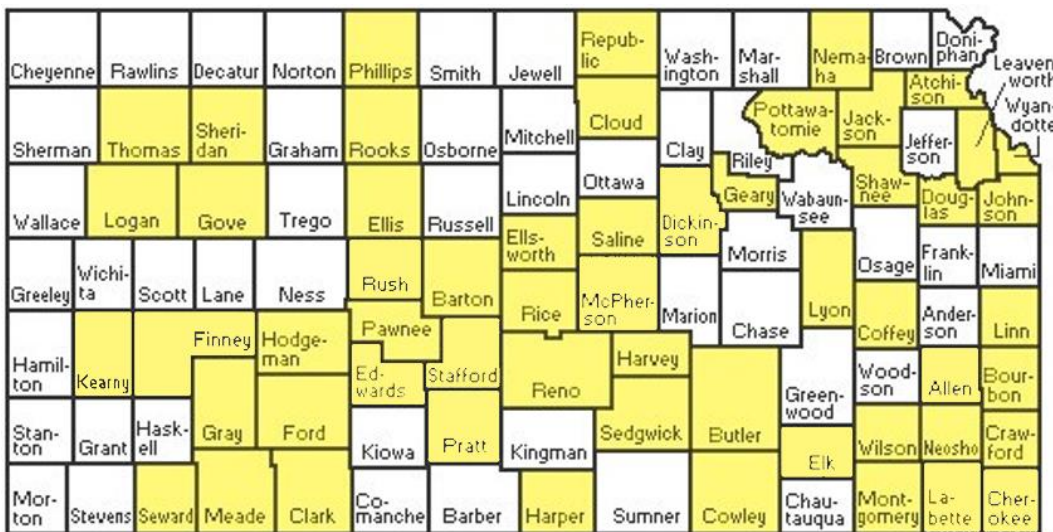


Remember the ABCs of Safe Sleep. **A**lone, on the **B**ack and in a **C**lutter-free **C**rib.

- 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.



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

**Maria Torres**  
**Safe Sleep Instructor (SSI) Program Director**  
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**(316) 682-1301**

### More Information

- [kidsks.org](http://kidsks.org)
- [kidsks.org/safe-sleep](http://kidsks.org/safe-sleep)
- [kidsks.org/safe-sleep-instructors](http://kidsks.org/safe-sleep-instructors)