## 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 Sudden Infant Death Syndrome (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.

Cheyer	ne	Ra	wlins	Decatur	Norton	Phillips	Smith	Jewell	Repub- lic	Wash			na-Brow	Atchi-1	Cleaven, worth
Sherman 1		Thomas		Sheri- dan	Graham	Rooks	Osborne	Mitchell	Cloud	Cloud Clay		ttawa- omie	lack- ion	effer-	Wyan- dotte
Wallace		Logan		Gove	Trego	Ellis	Russell	Lincoln Ells-	Ottawa Saline	Dickin son		Wabaun- see	Shaw- nee	Doug- las	John- son
Greeley		chi-	Scott	Lane	Ness	Rush	Barton	worth	McPher-		Morri	s Lyon	Osage	Frank- lin Ander-	Miami
Hamil- ton	Kea	arny		Finney	Hodge- man	Ed- wards	e Stafford		son Harv	Marion /ey	Chas		Coffey Wood- son		Linn Bour-
Stan- ton	Gr	rant ell		Gray	Ford	Kiowa	Pratt	Kingma	Sedgw	vick E	Butler	wood	Wilson		Craw
Mor- ton	Steu	/ens	Seware	Meade	e Clark	Co- manche	e Barbe	r Harpe	er Sumi	ner C	owley	Chau- tauqua	Mont- gomery	La- bette	Cher- okee



For more information about training or becoming a certified Safe Sleep Instructor, contact the Kansas Infant Death & SIDS (KIDS) Network:

Maria Torres SSI Program Director ssidirector@kidsks.org (316) 682-1301

## **More Information**

- kidsks.org
- kidsks.org/safe-sleep
- kidsks.org/safe-sleepinstructors