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

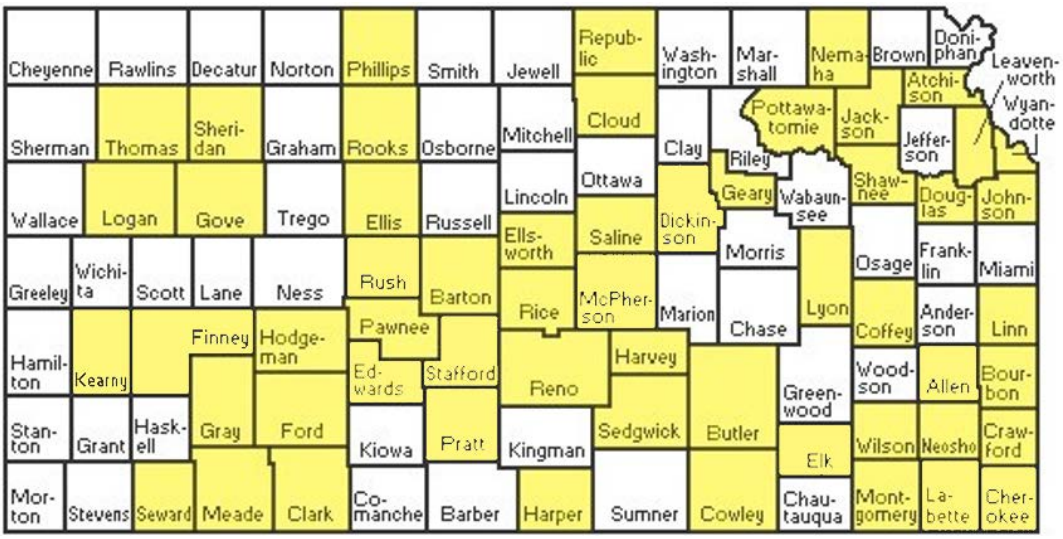
KANSAS MATERNAL & CHILD HEALTH

Remember the ABCs of Safe Sleep. **Alone, on the Back, and in a Clutter-free Crib.**

- 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.



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

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(316) 682-1301

More Information

- kidsks.org
- kidsks.org/safe-sleep
- kidsks.org/safe-sleep-instructors