

Remember the ABCs of Safe Sleep. <u>A</u>lone, on the <u>Back and in a 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 sheets.
- 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.

Cheyenr	ne R	awlins	Decatur	Norton	Phillips	Smith	Jewell	Repub- lic	Wash- ington				tchi-	Cheave
Sherma	an Tł	omas	Sheri- dan	Graham	Rooks	Osborne	Mitchell	Cloud	Clay			Jack- son Je	son • effer- on	Wya dot
Wallace	Lo	gan	Gove	Trego	Ellis	Russell	Ells-	Ottawa Saline	Dickin- son	Geary	Wabaun- see	Shaw- nee	Doug- las	John- son
Greeley	Wichi- ta	Scott	Lane	Ness	Rush	Barton	Rice	McPher- son	Marion	Morri	Lyon		Ander	Miami
Hamil- ton	Kearny		Finney	Hodge- man	Ed- wards	e Stafford	Rend	Har	zey -	Chas	Green-	Coffey Wood- son		Linn Bour- Ibon
Stan- ton	Grant	Hask- ell	Gray	Ford	Kiowa	Pratt	Kingma	in Sedgy	ick E	Butler	wood Elk	Wilson	Neosho	Craw- ford
Mor- ton S	Steven:	s Sewar	d Meade	e Clark	Co- manche	e Barbe	r Harpe	er Sum	ner C	owley	Chau- tauqua		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 ssidirector@kidsks.org

More Information

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