

# 4 ways to keep your baby safe while they sleep

MAKE SURE THEY ARE:

1

## ALONE

Babies should sleep alone—no blankets, toys, bumpers, stuffed animals or other people



2

## ON THEIR BACK

Always place your baby on their back, not their side or stomach, to sleep

3

## IN A CRIB

Use a bassinet or crib with a flat, firm surface and tight-fitted sheet for sleep

4

## IN A SMOKE FREE PLACE

Nobody should smoke around your baby or in the room where they sleep

To learn about how to safely use swaddles and sleep sacks, go to our website.



**Illinois  
Safe Sleep  
Support**

We can save lives by following proven safe sleep practices.

For resources, support and more, go to [InfantSafeSleep.illinois.gov](http://InfantSafeSleep.illinois.gov)



**Winning Start  
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