

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



**WinningStart
Winnebago**

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