

# Keep your baby safe, even when they're sleeping



Illinois  
Safe Sleep  
Support



Winning Start  
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Being a new parent is exhausting. We spend so much time and energy taking care of our babies when they are awake, we sometimes forget it is just as important to make sure they are safe while they sleep.



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

★ Go to [InfantSafeSleep.illinois.gov](http://InfantSafeSleep.illinois.gov) to learn about ★  
how to keep your baby safe while sleeping

# Parent of a new baby?

## Remember:

Many of the common causes of infant death are things that parents might not even realize are dangerous. To keep your baby safe, follow this guidance until they turn one.



### Share a room, not a bed

We know all parents like to be close to their babies, but **it is not safe for a baby to sleep in an adult bed (with or without people)**. Babies are safest sleeping alone, on their backs, in a crib with no blankets, bumpers, toys or stuffed animals.



### Avoid sleeping on couches and chairs

As nice as it might seem to sleep on the couch with your baby on your chest, it isn't safe. Couches and armchairs are extremely dangerous places for infants, and sleeping on them greatly increases the risk of death, especially if an adult is also asleep.



### When you get tired, put your baby down

If you are holding your baby and think you might fall asleep, it is always safest to put them in a crib, bassinet, or portable play yard—even if they are crying or haven't finished eating. Many infant deaths happen when parents fall asleep while holding their babies (in chairs, on couches, in beds).

