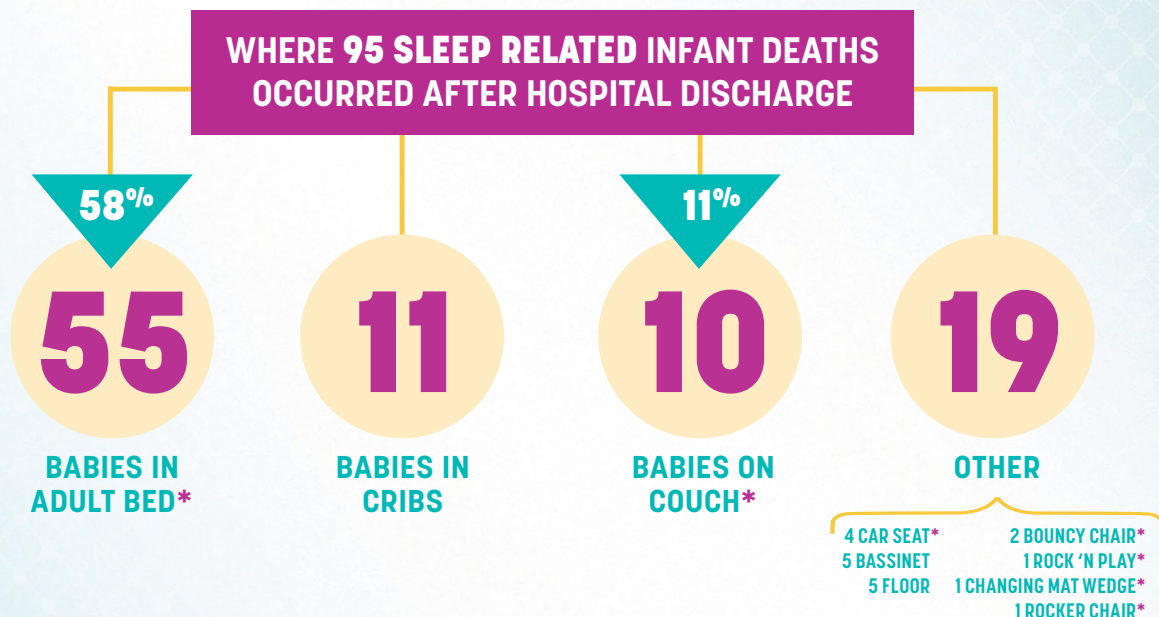


safe sleep practices CAN SAVE LIVES

FROM 2016-2020
95 BABIES' DEATHS
IN SOUTH DAKOTA WERE DETERMINED TO BE
SLEEP RELATED

What is a SLEEP RELATED DEATH?

A DEATH THAT OCCURS IN AN **UNSAFE SLEEP ENVIRONMENT** SUCH AS AN ADULT BED, COUCH, CHAIR, CAR SEAT, SWING, ROCK 'N PLAY, OR UNSAFE CRIB.



NEARLY **8** OUT OF **10** INFANT DEATHS OCCURRED IN AN UNSAFE SLEEP ENVIRONMENT.

What is SAFE SLEEP?

- 1 LAYING BABY IN THEIR OWN SLEEP AREA. **NO BED SHARING.**
- 2 PUTTING BABY TO **SLEEP** ON THEIR **BACK** IN A SAFETY APPROVED CRIB THAT HAS A **FIRM MATTRESS.**
- 3 ENSURING BABIES' SLEEP AREA IS FREE OF ALL LOOSE BEDDING, COMFORTERS, QUILTS, SHEEP SKIN, STUFFED ANIMALS, TOYS, BUMPERS, AND PILLOWS. **BARE IS BEST!**



This is what safe sleep looks like





4 TIPS

FOR PARENTS AND
CAREGIVERS TO HELP
BABY SLEEP SAFELY



1



Place your baby on his or her back for all sleep times - naps and at night.

2



Use a firm sleep surface, such as a mattress in a safety approved crib.

3



Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.

4



Have baby share your room, not your bed.

