

HEALTHY BABIES...It's a FAMILY AFFAIR.

The wisdom of a grandmother starts with the right information.

- Babies sleep safest on their backs, alone, in a crib.
- Never smoke around any baby.

For more information please call 311
or SIDS of Illinois at **800-432-SIDS**

www.sidsillinois.org

Closing the Gap on Infant Mortality





sids
SUDDEN INFANT DEATH SERVICES
of illinois, inc.

Reduce the Risk of SIDS and Accidental Suffocation

- Put baby on back to sleep for night and naptime.
- Baby should sleep alone in a crib.
- Room share not bed share with your baby.
- Never allow anyone to smoke around baby.
- Offer baby a pacifier at sleep times from 1 month to 1 year, but do not force baby to use it.
- Do not use any soft items in crib, like bumper pads, stuffed animals, pillows or quilts.
- Breastfeed if possible.
- Never place baby on a couch or adult bed for sleep.
- Do not cover baby's head or face when sleeping.
- Do not overdress baby.
- For sleep, a blanket free crib is best.

**For help with your Safe Sleep questions,
Phone: 630-305-7300 Toll-free 800-432-SIDS (Illinois Only)
www.sidsillinois.org**