

Safe Sleep for Babies Fact Sheet



The ABCs of Safe Sleep in Kansas
As a direct response to the rising rate of infant mortality in Kansas, Safe KIDS Kansas, the SIDS Network of Kansas, and Kansas Department of Health and Environment (KDHE) worked together to create the “ABCs of Safe Sleep for Babies” videotape. “ABCs” stands for Alone, on the Back, in a Crib. This videotape educates everyone about safe sleep. Go to Safesleepkansas.org to view it FREE.

Tips for Safe Sleep ABCs:

- **Always place babies on their backs to sleep for naps and at night.** Babies who sleep on their backs are less likely to die of SIDS than babies who sleep on their stomachs or sides.
- **Shared Room, Separate Bed.** The safest place for your baby to sleep is in the room where you sleep, but not in your bed. Place the baby’s crib, bassinet, or bedside sleeper near your bed (within an arm’s reach). This makes it easier to breastfeed and to bond with your baby.
- **Place your baby on a firm sleep surface, such as a safety-approved crib mattress covered with a fitted sheet.** Never place a baby to sleep on a pillow, quilt, sheepskin, or other soft surface.
- **Create a smoke-free zone around the baby.** If smoking is allowed, please take it outside for your health and your baby’s health.

- **Keep soft objects, toys, and loose bedding out of your baby’s sleep area.** Don’t use pillows, blankets, quilts, sheepskins, or pillow-like bumpers in your baby’s sleep area. Keep all items away from the baby’s face.
- **Avoid letting your baby overheat during sleep.** Dress your baby in light sleep clothing. Keep the room at a temperature that is comfortable for an adult. Consider using a wearable blanket or other sleeper (sleep sack) instead of a blanket to avoid the risk of overheating.
- **Breastfeed your baby.** If possible, at least through the first year of life.
- **Back to Sleep, Tummy to Play** – Make tummy time a part of your baby’s daily activities. Your baby needs plenty of tummy time while supervised and awake to help build strong neck and shoulder muscles.

What Can You Do Before Your Baby is Born to Reduce the Risk of SIDS?

Take care of yourself during pregnancy and after the birth of your baby.

- **Commit to Quit Smoking**, and avoid being around others who smoke. Call the 24/7 Kansas Quitline for a program tailored to meet your needs **1-866-KAN STOP (1-866-526-7867)**
- Be sure to visit a health care provider for regular prenatal check-ups to reduce your risk of having a low birthweight baby.