



SOUTH DAKOTA
DEPARTMENT OF HEALTH

Wake Safe

How to help babies sleep safely



Safe sleep efforts are rewarded every time a baby wakes up to the world. Lying your baby down on their back, alone, in their crib, bassinet, or play yard is the best way for them to sleep safely.

Following the **ABC acronym** (**A**lone, **B**ack, **C**rib) will help you remember the steps.



Alone

Place baby by themselves, and keep their sleep area clear of soft bedding such as blankets, pillows, bumper pads, and plush toys.

Back

Whether at night or going down for a nap, place baby on their back every time they sleep.

Crib

Always place baby on a firm sleep surface, such as a mattress in a safety-approved crib, bassinet, or play yard.

If your family is unable to afford a safety-approved crib, contact the South Dakota Department of Health at **1-800-305-3064**.

In South Dakota, from 2019-2023:

89

infant deaths related to sleep or an unsafe sleep environment were **reviewed by SD Infant and Child Death Review.**

Unsafe sleep environments, such as an adult bed, couch, chair, car seat, swing, rock 'n play, or unsafe crib.

63%

of these **sleep-related** deaths occurred while baby was sharing a sleep surface* with an adult and/or child.

*Sleep surface such as an adult bed, futon, couch or chair.

87%

of these **sleep-related** deaths were potentially preventable.

Source: South Dakota Child Death Review 2019-2023

*Cases reviewed by ICDR only include deaths that occurred post-hospital discharge in South Dakota



Share your room not your bed.

Other protective factors to help babies **wake safely** include:

- Breastfeeding
- Keeping a comfortable temperature when sleeping
- Going for regular checkups and immunizations
- Doing tummy time when your baby is awake
- Offering a pacifier at nap time and nighttime (after breastfeeding is well established)

This project is supported by the Center for Disease Control and Prevention under Grant Number B01TO000045 for Preventive Health and Health Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Center for Disease Control and Prevention. XXX copies of this flyer were printed by the South Dakota Department of Health at a cost of \$X.XX per copy.