



For more information
about safe sleep for your baby,
visit the Safe Sleep Academy.



Scan the QR Code above, or go to
www.safesleepacademy.org



Helping every baby sleep safer

ABOUT CRIBS FOR KIDS

Cribs for Kids is a national non-profit organization whose mission is to reduce infant sleep-related deaths by educating the public about infant safe sleep practices and providing portable cribs to families in need through our network of Cribs for Kids Partners.

LEARN MORE AT
www.cribsforkids.org



SOUTH DAKOTA
DEPARTMENT OF HEALTH

South Dakota Department of Health

doh.sd.gov
1.800.305.3064



12 STEPS FOR SAFE SLEEP



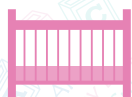
12 Steps for Safe Sleep

Step 1



Place baby on their back to sleep for every sleep

Step 2



Place baby on a firm, flat, mattress in a safety-approved crib, bassinet, or pack-and-play for every sleep

Step 3



Feed baby breast milk for at least the first two months and ideally six to twelve months to lower the risk of death

Step 4



Room share with baby in their separate safe sleep space for at least the first six months

Step 5



Remove everything from baby's safe sleep space except for a tightly fitted sheet and pacifier

Step 6



Use a pacifier for naps and at night to reduce the risk of death by 50%

Step 7



Avoid smoking, vaping, and impairment during pregnancy and while caring for baby

Step 8



Dress baby for sleep to avoid overheating, follow safety tips for swaddling, and no hats

Step 9



Attend all scheduled medical appointments for mother and baby and keep up with baby's vaccinations

Step 10



Use caution when buying products and devices for baby and always practice safe sleep

Step 11



Practice observed Tummy Time to increase baby's strength and encourage proper development

Step 12



Spread the Safe Sleep message in your community

Practice these 12 steps for the first 12 months.



Safe Sleep AMBASSADOR

Saving little lives is a big deal! Take the next step, become a Safe Sleep Ambassador, and spread the Safe Sleep message in your community!

Scan the QR Code below to take the free, online Safe Sleep Ambassador training to learn more about infant safe sleep.

