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 (Alone, Back, Crib)** 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.**

doh.sd.gov

In South Dakota, from 2018-2022:

25%
of infant deaths were related to **sleep** or an **unsafe sleep environment.***

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

66%
of these **sleep-related** deaths occured while baby was sharing a sleep surface* with an adult and/or child.

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

84%
of these **sleep-related** deaths were potentially preventable.

Source: South Dakota Child Death Review 2018-2022

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)

Source: Eunice Kennedy Shriver National Institute of Child Health and Human Development.
https://safetosleep.nichd.nih.gov

doh.sd.gov