

for baby's sake



safe sleep EVERY SLEEP

In South Dakota, from 2017-2021:

97 infant deaths were related to sleep or an unsafe sleep environment.*

79% of these sleep-related deaths were **potentially preventable**.

69% of infant deaths (post birth hospitalization) occurred when **sharing a sleep surface** with an adult or other child.

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

Share a room, NOT a bed.

Every infant in South Dakota should have a safe place to sleep.

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

4 TIPS

FOR PARENTS AND
CAREGIVERS TO HELP
BABY SLEEP SAFELY



1



Place your baby on his or her back for all sleep times - naps and at night.

2



Use a firm sleep surface, such as a mattress in a safety approved crib.

3



Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.

4



Have baby share your room, **NOT** your bed.

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