

“Back to Sleep, Tummy to Play”

- Always place infants on their back to sleep.
- When infants are awake, try to limit the amount of time they spend in car seats, bouncers, and swings.
- It is important that infants get “tummy time” a recommended 10-20 times everyday in order to prevent unwanted consequences of too much time on their backs.

Alone, Back, Crib

ALONE

- Remove all extra blankets, stuffed animals, pillows, and bumper pads from crib.
- Infants should never sleep in the same bed or on the same couch or chair as another person. The other person could potentially smother the baby on accident.

BACK

- The safest sleeping position for an infant is on their back.

CRIB

- Use a crib that meets safety standards, and a tight fitting mattress with a fitted sheet.



Safe Sleep for Infants

- About 50 infants under 1 year of age die every year in Kansas due to SIDS and other sleep related issues.
- Most deaths occur between 2 and 4 months of age.
- Infants who sleep on their stomach are at a greater risk of dying from SIDS than infants who sleep on their back.
- Some people still think it is okay to put healthy infants to sleep on their stomach, but it is not safe.
- The best way to reduce the risk of SIDS and unintentional infant death due to unsafe sleep conditions is to follow these rules:

“Back to Sleep, Tummy to Play”

Follow the “ABC”s:

Alone
Back
Crib