



ILPQC ESSI Safe Sleep Guidance

To be shared with families

- There are 3 places that are safe for babies to sleep – in a crib, a bassinet, or a portable crib/play yard.
- Use a firm, flat surface with a fitted sheet.
- Put your baby on their back for all naps and at night.
- Never sleep with your baby and only one baby per safe crib.
- Instead of bed sharing, room share with your baby.
- Keep soft objects, blankets, toys and loose bedding out of your baby's sleep area.
- Don't let your baby get overheated. You can dress your baby in layers of clothing or use a wearable blanket. In general, you should dress your baby in only one layer more than you are wearing.
- Swaddle or use a sleep sack for your baby if you like.
- Feed your baby breast milk.
- Try giving your baby a pacifier at nap time and bedtime.
- Don't smoke, vape or use nicotine around your baby.
- Make sure your baby has tummy time while awake every day.
- Be cautious when buying certain products. Refer to the Consumer Products Safety Board at <https://www.cpsc.gov/SafeSleep>.

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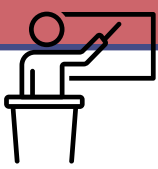


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Sudden Infant Death
Services of IL, Inc.





ESSI Safe Sleep Educational Materials

To be shared with families

- Safe Sleep:
 - [NICHQ Myth vs. Fact](#) Safe Sleep for Infants (Available in 10 languages)
 - Cribs for Kids [Ask the Pediatrician](#)
- Grandparent Materials:
 - [Safe Sleep for Your Grandbaby](#)
 - Cribs for Kids [Grandparents and Safe Sleep](#)
- Sibling Materials:
 - Cribs for Kids [Siblings and Safe Sleep](#)
- Swaddling and Safe Sleep:
 - Cribs for Kids [Swaddling and Safe Sleep](#)
 - Healthy Children [Swaddling: Is it Safe for Your Baby?](#)
- Cribs for Kids Safe Sleep [Video Library](#)
 - Safe Sleep Recommendations
 - 12 Steps for Safe Sleep
 - Just Baby: A Safe Sleep Lullaby (English and Spanish)
 - What is Safe Sleep (English and Spanish)
 - Why Safe Sleep (English and Spanish)
 - Co-sleeping is Dangerous (English and Spanish)
 - Room Share. Don't Bed Share (English and Spanish)
 - Babies Sleep at Night. Not all Night. (English and Spanish)
 - Stay Awake (English and Spanish)
 - Set an Alarm for Safe Sleep (English and Spanish)
 - Stay Connected (English and Spanish)
 - How to Support a New Parent (English and Spanish)
 - Infant Falls by Pennsylvania Patient Safety Authority
 - Cribs for Kids Safe Sleep For Your Baby Caregiver Instructional Video
 - Cribs for Kids Back Position and Aspiration
 - Unsafe Sleep and the Risk of Rebreathing
 - Cribs for Kids Safe Sleep PSA
 - Cribs for Kids Designing Spaces: Ensuring Safe Sleep for Your Baby



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