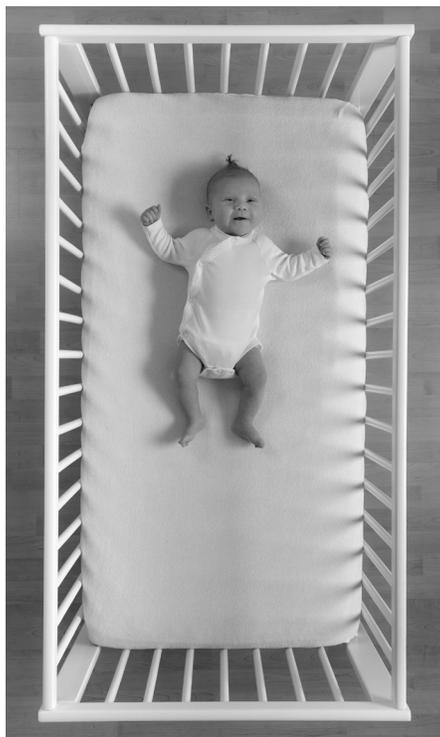# Protect Babies with Safe Sleep Facts and Practices

Sudden Infant Death Syndrome (SIDS) is the No. 1 cause for infant deaths.

Always place a baby to sleep in a safety-approved crib on his or her back.

Fitted sheets on a firm mattress are ideal for a sleeping infant.

Explain to caregivers the correct way to lay a baby down to sleep.

Safe sleep practices reduce sleep-related suffocation or strangulation.

Leave pillows, quilts and toys out of the crib.

Explain to all that babies sleeping on their tummies face more risk for SIDS.

Educate caregivers that babies are at risk of SIDS until their first birthday.

Place the crib near your bed to easily reach the baby.

Temperature is important. Make sure the baby will not become too hot.

If your baby can stand, lower the mattress to prevent falls.

Please place your baby in his or her crib whenever you feel sleepy.

Share what you've learned to keep babies from becoming sad statistics.