

The Wisdom of a Grandparent starts with the right information.

With a new baby in your family, you may be asked for advice or to care for your new grandbaby. SIDS of IL, Inc wants to offer you the most current recommendations about Safe Sleep for your grandbaby.

Although times have changed since you were a new parent, what hasn't changed is that we still want what is best for our

babies! It is very important that you follow the same guidelines as the new parents when it comes to Safe Sleep for baby.

Adult beds are much too soft for baby to sleep on safely. Consider purchasing a portable play yard for your grandbaby to sleep in when he comes to visit. Do not use the old crib your kids slept in!

Even if your children slept on their tummies, all healthy babies need to sleep on their backs.

Most importantly,
ENJOY your grandbaby!



sids

SUDDEN INFANT DEATH SERVICES
of illinois, inc.

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This publication was made possible by funds received from the Office of Health Promotion, through the Illinois Department of Public Health.

Safe Sleep 365

Safe Sleep 365 reminds parents, grandparents, and infant caregivers that every sleep time counts—all year long!



Every day of the year, reduce the risk of sleep related infant deaths.

Baby sleeps safest on the back, in a safe crib.



Steps to Safe Sleep

for
parents, grandparents, and
childcare providers

- Baby sleeps safest alone, on the back, in a safe crib.
- Breast milk is the very best food for baby. It is like special medicine only you can give your baby.
- Do not use a drop-side crib. A portable play yard, bassinet, or crib with no moving parts can be used.
- No soft bedding in baby's sleep area.
- Do not use crib bumper pads or positioner's in the baby's crib. These can suffocate the baby.
- Crib mattresses should be firm and fit crib without gaps. Always use a fitted sheet made for crib mattresses.
- Do not allow anyone to smoke around your baby.
- Avoid the risk of overheating by dressing baby in same number of layers that you use.
- You can offer your baby a pacifier but only after a good breastfeeding routine is set.
- Never place baby on a couch, sofa, waterbed, or recliner to sleep.
- Make sure to roomshare **NOT** bedshare with baby.

Childcare Providers

Childcare providers have an important job that comes with many responsibilities. All providers must take all precautions necessary to ensure the wellbeing of children in their care. Babies must sleep in a safe crib; no Drop-sided cribs allowed.

Never place the following items in the crib with baby:

- Positioners or wedges unless you have a doctor's order
- Car seats
- Soft bedding
- Crib bumper pads of any kind
- Pillows
- Quilts or comforters
- Sheepskins
- Stuffed animals or toys
- Laundry
- Pets
- Other babies

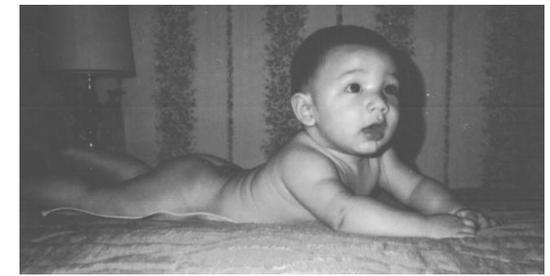
Unless you have an order from the baby's doctor, all babies must be placed to sleep on their backs.

Limit the amount of time baby spends in stroller, swing, car seat, and bouncy seats during baby's awake time.

As of January 1, 2012, all licensed childcare providers in Illinois must have infant safe sleep education every 3 years.

To check licensing standards in Illinois:

- www.state.il.us.dcf
- rules section 406.22



Babies only need to be on their backs when they are sleeping. When they are awake, they need SUPERVISED Tummy Time. Remember: Back to Sleep—Tummy to play!

Remember,
you can keep your baby safe by following the safe sleep recommendations.

Safe Sleep 365!
Keeping babies safe 365 days a year!

Call our SIDS of Illinois toll-free number in Illinois if you have any questions or need support.
1-800-432-7437
630-541-3901(office)