

# Practice Safe Sleep

## Reduce the risk of Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden unexplained death of an infant under 1 year of age

What you can do to reduce the risk of SIDS:

- Always place baby on their back to sleep
- Always place baby on a firm sleep surface
- Do not smoke
- Sleep environment - No bed sharing
- Nothing in crib other than baby

**Make sure that everyone who cares for your baby practices safe sleep**

**The easiest way to remember how to create a safe sleep environment is to think of the ABC's of Safe Sleep**

To order your free Safe Sleep Reminder Clings contact Safe Kids Grand Forks at [safekids@altru.org](mailto:safekids@altru.org)

