Safe Sleep: as easy as the ABCs!

At naps and at night, infants should always sleep:

**A** = Alone  
**B** = On his or her back  
**C** = In a crib, bassinet, or Pack n’ Play without pillows, blankets, bumper pads or toys  
**S** = In a smoke-free home

**Sleep Environment Facts:**

Between 2009 and 2011, 48 Milwaukee infants died of Sudden Infant Death Syndrome (SIDS) or accidental suffocation after being discharged from the hospital.

- 32 were sharing a bed with parents, other children, or a caregiver when they died
- 31 were exposed to secondhand smoke in their homes
- 41 were sleeping on or near adult pillows, or were put to sleep with blankets, quilts, or stuffed animals
- 18 had been placed on their stomachs or sides to sleep
- 11 were sleeping on a couch, chair, car seat or swing
- 13 caregivers were using drugs or alcohol at the time of the infant’s death

Only one infant death in this time period had no risk factors present

*Note: Numbers are not mutually exclusive. Many infants had multiple risk factors. 2011 data is preliminary.*

If you do not have a safe place for your baby to sleep, please call the Milwaukee Cribs for Kids® program: (414) 286-8620. You may be eligible for a free Pack’ N Play®.