

# THE ABCs OF SAFE SLEEP



They sleep

## ALONE

If you breastfeed in bed, soothe your baby back to sleep while standing and return to crib when she is asleep.



On their

## BACK



In a safe

## CRIB

Babies die every week in Illinois while sleeping on adult beds, couches, pillows, blankets and other soft surfaces as well as in car seats, bouncy seats and infant swings.



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