

The 's of Safe Sleep



Alone

Not with other people, pillows, blankets, or stuffed animals.



on my Back

Not on the stomach or side.



in my Crib

Not on an adult bed, sofa, cushion, or other soft surface.

The Indiana State Department of Health, in collaboration with the Indiana Department of Child Services, has established partnerships with agencies in the State of Indiana to provide Safe Sleep education and Infant Survival Kits for parents and caregivers in Indiana who do not have a safe place for their infants to sleep. Our educational messages focus on three key risk reduction recommendations from the American Academy of Pediatrics and National Institutes of Health which states that infants sleep safest:

- **ALONE**
- **ON THEIR BACKS**
- **IN A SEPARATE, SAFE SLEEP ENVIRONMENT**

DO YOU NEED A SAFE PLACE FOR YOUR BABY TO SLEEP?

The Boone County Health Department has partnered with ISDH & DCS to bring a safe sleep environment to Indiana babies. You can access free resources and education about safe sleep, as well as receive a Safe Sleep Survival Kit (Pack-n-Play, Sleep Sack, Pacifier) at:

BOONE COUNTY HEALTH DEPARTMENT

116 W Washington St B202

Boone County Office Building, Rear Basement

Lebanon, IN 46052

To schedule an appointment call: 765-482-3942 Option 5 or 7

