



Blue Cross Community Health PlansSM



**HealthChoice
Illinois**

Illinois Department of
Healthcare and Family Services

Safe Sleep for Your Baby

**A Guide for Parents
and Caregivers**



Blue Cross Community Health Plans is provided by Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association.

IL_BCCHP_MRK_SBSAFESLPBR23 Approved 01232024

234709.0425

Safe Sleeping Tips for Your Baby

- Place babies on their backs every time they are ready for sleep. Do not place babies on their stomach. This includes nap time as well as at night.
- Place your baby on a firm sleep surface, such as a safety-approved crib/bassinet that is covered with a tightly fitted sheet. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else. Your baby can sleep in the same room with you.
- If you bring your baby into your bed to breastfeed, make sure to put the baby in a separate sleep area after breastfeeding.
- Keep soft objects such as toys, loose bedding, comforters, pillows, crib bumpers, and blankets out of the crib/bassinet.
- Keep your baby from overheating. Dress your baby in light, comfortable clothing, such as a sleeper, with no more than one layer, rather than using a blanket. Keep the room at a temperature that is comfortable for an adult.
- Breastfeed as much and for as long as you can. This helps keep your baby healthy.
- Do not smoke or allow smoking around your baby.
- Make sure everyone who cares for your baby or for a baby younger than one year, knows about safe sleep.



**Safe Sleep for
your baby
is as simple
as ABC.**

**Babies should
sleep Alone,
on their
Backs
and in a Crib.**

Tummy Time

Remember, babies need plenty of tummy time when they are awake and while being watched by someone. Tummy time helps strengthen important muscles in your baby's neck, shoulders and arms. It also helps to prevent flat spots on the back of your baby's head.



Contact the Safe Sleep Program at **1-888-421-7781** (TTY/TDD **711**) to learn more.

Please call our 24/7 Nurseline for toll-free support around the clock at **1-888-343-2697** (TTY/TDD **711**).

FREE CRIB OFFER!

To get a portable crib*, you must be pregnant at the time of enrollment and do these three things:

1. Visit your doctor within 42 days of joining the Plan
2. Join and take part in the Special Beginnings® Program
3. Complete the Special Beginnings Safe Sleep Program



*The crib may look different from the picture shown.

To ask for supportive aids and services, or materials in other formats and languages for free, please call, 1-877-860-2837 TTY/TDD: 711.

Blue Cross and Blue Shield of Illinois complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-860-2837 (TTY/TDD: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-860-2837 (TTY/TDD: 711).