

For Immediate Release
August 13, 2020

Contact: Deborah Lopez
Illinois DCFS
312-937-0050

Illinois DCFS releases public service announcement reminding parents of the ABCs of Safe Sleep

CHICAGO – Unsafe sleep is a leading cause of death for children one year old and younger; and with families spending more time at home together, or safely visiting relatives, Illinois DCFS is releasing a new public service announcement to remind parents of three simple steps they can take to ensure their infants are put to sleep safely.

“It is vitally important for parents and caregivers to learn and use the ABCs of Safe Sleep,” said Illinois DCFS Acting Director Marc D. Smith. “A baby should sleep **Alone**, on his or her **Back**, in a safe **Crib** – it’s that simple. If parents of young children are traveling, they should call to make sure their accommodations include a crib or bring a ‘pack and play’ to their hotel or relatives’ residence if one is not going to be available.”

In 2019, 108 infants in Illinois under the age of 1 died as a result of being put to sleep unsafely, including being placed to sleep in locations other than a crib, bassinet or pack and play; in positions other than on their back or co-sleeping with another individual at the time of death.

Infants sleep safest alone in a crib with a firm mattress and tightly-fitted sheet. The crib should be free of pillows, blankets, bumper pads, stuffed animals and toys. Infants should never be placed on an adult bed or couch to sleep.

To listen to the PSA, click [here](#).

About the Illinois Department of Children and Family Services (DCFS) Founded in 1964, DCFS is responsible for protecting children from abuse or neglect by responding to calls received on the Child Abuse Hotline, 1-800-25-ABUSE (1-800-252-2873). With the goal of keeping children safe, DCFS strengthens and supports families with a wide range of services. When keeping a child safe means removing them from the home, DCFS makes every effort to reunite them with their family. When the best interest of the child makes this impossible, DCFS is committed to pursuing adoption by loving families to provide children with a safe and permanent home. DCFS is also responsible for licensing and monitoring of all Illinois child welfare agencies.

###