

## Safe Sleep Resource Guide

### **Quick Reference**

# Alone. Back. Crib.

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

Use a firm sleep surface, such as a mattress in a safetyapproved crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch or on a chair alone, with you or with anyone else.

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <a href="http://www.cpsc.gov">http://www.cpsc.gov</a>.

U.S. Department of Health and Human Services National Institutes of Health Eunice Kennedy Shriver National Institutes of Child Health and Human Development







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#### Resources

#### Safe Sleep:

- <u>Sweet Dreams, Safe Sleep for Babies</u>, Injury Prevention Printable Tip Cards, Virginia Department of Health
- <u>Safe to Sleep Campaign</u>, The Safe to Sleep® campaign offers materials to help share safe infant sleep messages with different caregivers and ethnic groups.
- What does a safe sleep environment look like? <u>English</u> and <u>Spanish</u>
- Cribs for Kids
- <u>Consumer Product Safety Commission: Crib Safety Guidelines</u> For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772.
- Safe Sleep for your Baby: Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant
   Death Outreach Campaign General, African American, American Indian/Alaska Native, Spanish
- Safe Sleep for Your Grandbaby: Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death <u>English</u> and <u>Spanish</u>
- Honor the Past, Learn for the Future: Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Deaths <u>American Indian/ Alaska Native</u>
- <u>Safe Sleep Videos</u> Public Education Campaign Led By Eunice Kennedy Shriver, National Institute of Child Health and Development

#### **Tummy Time:**

- Tummy Time for Expectant Families
- What to Know Before You Go: Planning for Tummy Time Activities in Home Visits
- Tummy Time During a Home Visit

National resources can be helpful, however it will be more helpful if you and your organization devise an extensive local resource list to refer to when families need support. Be sure to keep this list up to date and add to it as learn of more resources. Many organizations offer free portable cribs for families in need.

#### **Related Modules:**

- Secrets of Baby Behavior
- Three-Step Counseling
- Breastfeeding Series
- Supporting Immigrants: A Culturally Humble Approach



