

This brochure is made available through a partnership with the Stanislaus County Children and Families Commission.



Sheriff Adam Christianson



## HELP YOUR BABY SLEEP SAFELY



## PROTECT YOUR BABY

This brochure demonstrates ways that babies sleep that are unsafe and safe.

The unsafe examples are taken from real life situations in Stanislaus County where babies died.

The safe examples come from the recommendations of the American Academy of Pediatrics.

## IN 2007, 14 BABIES DIED IN STANISLAUS COUNTY BECAUSE OF UNSAFE SLEEP SITUATIONS

### How and Where Your Baby Sleeps Matters!

*Your baby should:*

- Always be placed to sleep on his/her back, even for naps
- Not be exposed to second hand smoke
- Not be dressed too warmly
- Not sleep with other children

*The sleep environment should:*

- Be an approved crib with firm mattress
- Be free from soft, fluffy and loose bedding, pillows and stuffed toys
- The crib should be next to the parents' bed in the same room

*Other things to know:*

- Never sleep with you baby if you are overly tired or have been using drugs, alcohol or medications that make it hard to wake up
- Offer your baby a pacifier at nap and bedtime if your baby will take one
- Pregnant woman should not smoke
- Commercial devices to maintain sleep position or prevent rebreathing are not effective

**Make sure everyone who cares for your baby knows these tips!**

For more information or to re-order materials contact:

HSA / Public Health

(209) 558-7400

(800) 834-8171

[www.HSAHealth.org/SafeSleep](http://www.HSAHealth.org/SafeSleep)

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