



# Safe Sleep Handouts



# Safe Sleep for Baby

## L.A. County Infant Safe Sleeping Campaign

Sponsored through a partnership between the Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN) and First 5 LA.

### Your Training Tool Kit Includes:

#### Training DVD

A Space of My Own: Reducing Sleep-Related Infant Deaths in L.A. County, Training Video #1

#### Training Materials (English and Spanish)

Training Points and Facts  
Frequently Asked Questions

#### L.A. County Infant Safe Sleeping Campaign PowerPoint Presentation

PowerPoint for Community Members (English and Spanish)  
PowerPoint for Providers (English only)

#### Safe Sleep Flyer (English and Spanish)

#### Safe Sleep Pamphlets (English and Spanish)

#### Home Visit Safety Checklist for Providers (English and Spanish)

#### Pledges

Parent/Caregiver Pledge (English and Spanish)  
Provider/Community Members Pledge (English only)

#### Quizzes

11-Question Quiz (English and Spanish)  
Picture Quiz for Parents/Caregivers (English and Spanish)

#### L.A. County Infant Safe Sleeping Campaign Fact Sheet (English and Spanish)

### Contact Us

[info@safesleepforbaby.com](mailto:info@safesleepforbaby.com) | [www.safesleepforbaby.com](http://www.safesleepforbaby.com)

ICAN Associates, 4024 N. Durfee Ave., El Monte, CA 91732 (626) 455-4585



The Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN) is the official county agent coordinating the development of services for the prevention, identification and treatment of child abuse and neglect. ICAN Associates is a private, nonprofit corporation that works in partnership with ICAN to address these issues by providing services and materials, including sponsorship and coordination of media campaigns, community educational forums and projects, special events, newsletters, and funding. ICAN Associates provides support for direct and indirect services to prevent child abuse, and enables integration and collaboration among child service agencies. ICAN and ICAN Associates have partnered with First 5 LA to raise awareness about the Infant Safe Sleeping Campaign and save families from the preventable tragedy of losing an infant due to unsafe sleeping practices.



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### The Facts:

- Approximately 70 infants die from unsafe sleep-related deaths in Los Angeles County each year. (This represents one baby every five days.)
- Unsafe sleeping is the leading preventable cause of infant death in Los Angeles County.
- People who have lost their babies often say, "No one ever told me about the risks of suffocation."

### What Can Happen?

Babies under the age of 1 year are at risk of suffocating while:

- Sharing a bed
- Sleeping in a cluttered crib or bassinet
- Sleeping on their side or on their stomach
- Sleeping on unsafe sleep surfaces such as couches and chairs, or in places that are unfamiliar to the baby

### The Safest Way to Put a Baby to Sleep:

- Share a room, not a bed
- Place babies to sleep in a crib or bassinet
- Place babies on their back every time – at night and for naps
- Give babies space to breathe – no pillows, bumpers, blankets or toys in the crib or bassinet

### Frequently Asked Questions & Answers

Refer to the Frequently Asked Questions sheet included in this tool kit.

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### Frequently Asked Questions:

#### Is it safe to place a baby to sleep in a car seat or stroller?

It's not safe to place a baby to sleep in a car seat or stroller because of the way the baby is positioned in these carriers. Babies should always be placed on their back to sleep. This is the only way to help make sure their mouth and nose remain unblocked so they can breathe properly.

#### Is it safe to use a sling?

Slings are not safe for babies because they could block a baby's mouth or nose just as blankets and pillows in a crib or bassinet could block a baby's airway.

#### Can I swaddle my baby?

Yes, swaddling is safe when a baby is small but be sure to use a light receiving blanket. Popular San Marcos blankets are dangerous because they are too heavy and warm for an infant. Once babies reach 5-6 months, they often don't want to be swaddled and parents can use a sleep onesie instead.

#### What if I am breastfeeding?

Breastfeeding is encouraged. Remember to place baby to sleep in a safe separate sleep environment.

#### What if my baby likes sleeping on his stomach? What if this is the only way he'll sleep for long periods of time?

The safest way for a baby to sleep is on his back. When babies sleep on their stomach or side, they are at risk of choking or suffocating.

#### My baby has breathing problems/My baby was born premature

#### What's the best way to place my baby to sleep?

If your baby has a medical condition, talk to your medical practitioner, pediatrician or doctor about any special care your child may need.

#### I was told something different when I gave birth at the hospital.

The information and recommendations by the Infant Safe Sleeping Campaign are based on data gathered by the L.A. County Coroner's Office, which investigates all unexplained infant deaths in the county, and from the American Academy of Pediatrics.

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Every 5 days, a baby in L.A. County suffocates while sleeping.



# Is your baby sleeping safely?



- 1 Share a room, not a bed
- 2 Lay baby down to sleep in a crib or bassinet
- 3 Place babies on their back every time— at night and for naps
- 4 Give babies space to breathe — no pillows, bumpers, blankets or toys



[SafeSleepForBaby.com](http://SafeSleepForBaby.com)  
[info@safesleepforbaby.com](mailto:info@safesleepforbaby.com)





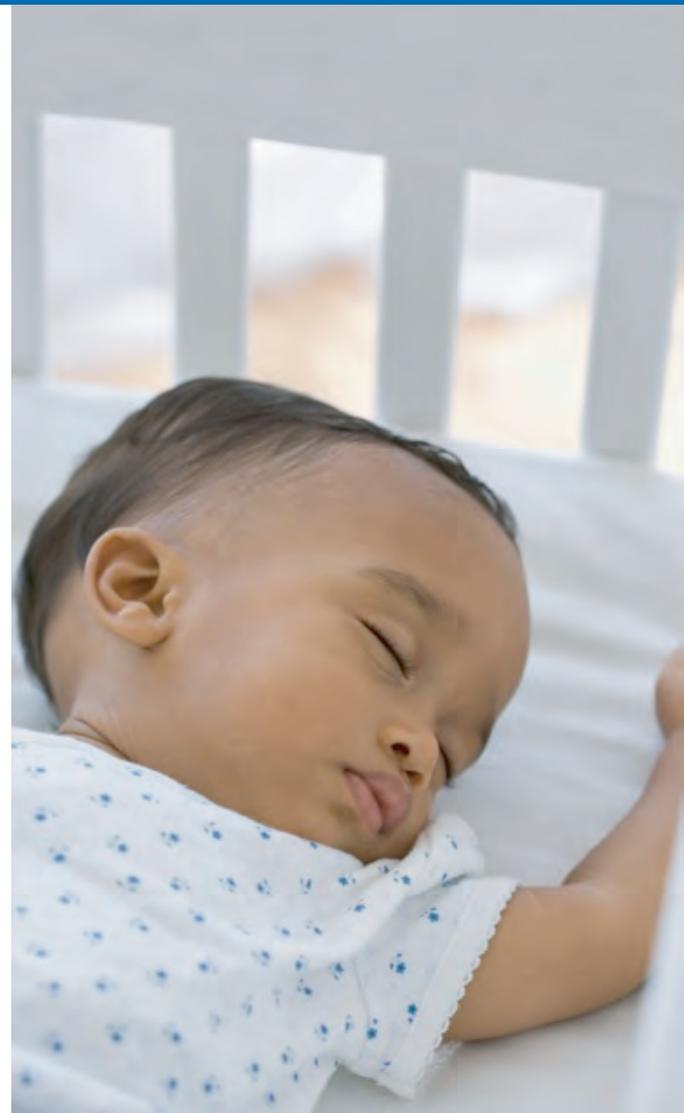
L.A. County Infant Safe Sleeping Campaign

# Home Visit Safety Checklist for Providers

## *Is your baby sleeping safely?*

### Things to look for:

- A separate sleeping space for the baby.
  - Crib or bassinet in the room.
  - Baby not sharing a bed.
- This separate sleeping space should have:
  - A firm mattress with a fitted sheet.
  - No bedding (blankets, pillows, bumpers).
  - No clutter (stuffed animals, toys).
- Room temperature should not be too warm.
  - If room temperature is comfortable for an adult, no extra heat is needed.
- No smoking in the area.



## *SafeSleepForBaby.com*



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# IS YOUR BABY SLEEPING SAFELY? Don't wake up to tragedy

## LA COUNTY INFANT SAFE SLEEPING CAMPAIGN

Sponsored through a partnership between  
Los Angeles County Inter-agency Council on Child Abuse and Neglect (ICAN) and First 5 LA



**FIRST 5  
LA**  
Champions For Our Children  
[www.First5LA.org](http://www.First5LA.org)



Over the past three years in Los Angeles County, more than 200 infants under the age of one have died as a result of unsafe sleep practices. That represents one baby every five days. Unsafe sleeping practices include babies (1) accidentally smothered while co-sleeping with parents or (2) suffocated by excess items, including stuffed toys/blankets, in the sleeping area.

*Unsafe sleeping is the leading preventable cause of infant death in Los Angeles County.*

Please share these infant safe sleeping tips with all new mothers/fathers, caregivers and grandparents:

**On the back to sleep for every sleep.** Parents and caregivers should always place infants on their backs for naps and at night.

**Place babies to sleep on a firm sleep surface.** A crib, bassinette or portable crib/play yard with a firm mattress is recommended.

**Keep your baby's sleep area close to, but separate from where you and others sleep.** Room sharing *without bed-sharing* is recommended.

**Keep soft objects and loose bedding out of the crib to reduce the risk of SIDS and suffocation.** Soft objects, such as pillows and pillow-like toys, blankets, and bumper pads should be kept out of a baby's sleeping environment.

**Breastfeeding is recommended, as it is associated with a reduced risk of SIDS.** Mothers should be careful about breastfeeding in bed or any situation where you may fall asleep with your baby while breastfeeding. *Always* place the baby back in his or her crib or bassinette once breastfeeding is done.

**Regulate your baby's temperature never allowing them to get overheated.** Heavy blankets and warm rooms are not recommended for babies as each might lead to the overheating of the baby. The area where the baby sleeps should be well ventilated at a temperature that is comfortable to a lightly clothed adult.

**Supervised, awake "tummy time" is recommended.** Although babies should always be placed to sleep on their backs for naps and at night, supervised, awake "tummy time" is recommended on a daily basis.

**For materials, including our Safe Sleep for Baby Tool Kit, please visit [www.safesleepforbaby.com](http://www.safesleepforbaby.com) or call (626) 455-4585**

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### Contact Us

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**LOS ANGELES COUNTY INFANT SAFE SLEEPING CAMPAIGN PLEDGE  
(1 Day to 1 Year)**

**PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES**

I, \_\_\_\_\_,  
have learned the importance of a safe place for babies when they sleep.

- I understand that infants can be accidentally suffocated both by items or by people next to a sleeping baby.
- I understand that it is safest for infants to room-share but not bed-share.
- I understand that it is safest for infants to sleep in a space of their own (crib or bassinette.)
- I understand that crib bumper pads, soft toys, soft bedding and blankets are too dangerous to be placed in an infant's sleeping area (crib or bassinette.)
- I understand that unsafe sleeping is the number one preventable cause of infant death in Los Angeles County.

I pledge to use infant safe sleeping practices to join the effort to help prevent these tragic deaths.

Signed by:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date



**LOS ANGELES COUNTY INFANT SAFE SLEEPING CAMPAIGN PROVIDER PLEDGE  
(1 Day to 1 Year)**

**ACKNOWLEDGEMENT OF RECEIPT OF IMPORTANT INFORMATION ON INFANT SAFE SLEEPING  
AND PLEDGE TO SHARE INFORMATION ABOUT INFANT SAFE SLEEPING PRACTICES**

I, \_\_\_\_\_, attended a presentation about Infant Safe Sleeping arranged by the Los Angeles County Infant Safe Sleeping Campaign and understand the importance of the information presented. I also received “Safe Sleep Tips for Infants” brochures in English and Spanish. I understand that infants can be accidentally suffocated both by bed-sharing with adults or by clutter in the infant’s sleeping area, including toys, blankets and other soft items placed near the infant. I understand that it is safest for infants to room-share but not bed-share with an adult and that the safest sleeping surfaces are clutter free (no blankets, pillows, toys, crib bumper pads, etc.), not on a soft surface (e.g., soft bedding, sofas, chairs etc.) and in a space of their own (crib or bassinette). I have learned that unsafe sleeping is the leading cause of preventable infant death in Los Angeles County.

As a professional/active community member, I pledge to share information about safe sleeping for infants and teach others about unsafe sleeping practices for infants. I will also provide this important information with the families with whom I work who may be providing care for infants or who know of others who are caring for infants.

I will do what I can to join in the effort to help prevent these tragic deaths.

Signed by:

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Name Title, Organization Date

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Phone E-Mail Address

## QUIZ

1. Of these, what is the leading preventable cause of deaths for infants (1 day to 1 year old) in Los Angeles County?
  - a. Shaken Baby Syndrome
  - b. Failure to Thrive
  - c. Automobile Accidents (improper use of car seats)
  - d. Unsafe sleeping environments
2. True/False: Infants are more vulnerable to sleeping related deaths in the first six months.
  - a. True
  - b. False
3. True/False: Every 5 days in L.A. County, an infant under the age of 1 suffocates while sleeping.
  - a. True
  - b. False
4. Which of the following is not a cause of infant unsafe sleeping related deaths?
  - a. Overheating
  - b. Sleeping Alone
  - c. Airway obstruction
  - d. Suffocation
5. True/False: The safest way to prepare a crib is by placing pillows, blankets and a bumper pad in it.
  - a. True
  - b. False
6. True/False: Infants placed to sleep on their backs will choke on their own throw-up.
  - a. True
  - b. False
7. What is the safest position to place an infant to sleep?
  - a. On their back
  - b. On their side
  - c. On their stomach
8. Infants should be placed to sleep on a \_\_\_\_\_ mattress?
  - a. Firm
  - b. Soft
  - c. Adult
  - d. Foam
9. The American Academy of Pediatrics does NOT recommend which of the following:
  - a. Room sharing without bed-sharing
  - b. Using pacifiers, as they reduce the risk of SIDS
  - c. Breastfeeding
  - d. Infants may sleep on their sides for naptime, but must sleep on their backs during the nighttime
10. True/False: Supervised "tummy time" includes allowing an infant to sleep on their stomach?
  - a. True
  - b. False
11. True/False: Infant sleeping related deaths are preventable?
  - a. True
  - b. False



## ANSWERS

1. Of these, what is the leading preventable cause of deaths for infants (1 day to 1 year old) in Los Angeles County?
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  - a. True
  - b. **False**
11. True/False: Infant sleeping related deaths are preventable?
  - a. **True**
  - b. False

# Is Your Baby Sleeping Safely? Which is safe?



A



B



C



D



E

None of  
the Above

Why? \_\_\_\_\_  
\_\_\_\_\_

# Answer: None



70 babies die each year from unsafe sleeping in LA County.  
Unsafe sleeping is the leading preventable cause of  
infant death in Los Angeles County.

**Don't wake up to a tragedy.**

## Safe Sleep

It is very important that your baby have a safe sleeping area. In the first year of life, babies are at risk of Sudden Infant Death Syndrome (SIDS) and some babies die while sleeping because they suffocate. Suffocation happens when an infant's nose is blocked even for a short time by a pillow, stuffed animal, blanket or other object.



### **You can reduce your baby's risk of SIDS and suffocation:**

- **Breastfeed:** Nursing your baby reduces the risk of SIDS.
- **Back to sleep:** Your baby should always sleep on his or her back, not on his/her side or stomach. This includes naps.
- **Smoke-free:** No one should smoke around your baby.
- **The sleeping surface must be firm and flat:** Waterbeds, bean bag chairs, sagging mattresses, sofas, couches, and armchairs are very dangerous. Babies should never sleep on any of these.
- **Keep soft objects out of sleep area:** There should be no pillows, heavy blankets, comforters, quilts, stuffed animals, crib bumpers, or other soft items in baby's sleep area.
- **Don't overheat your baby:** Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for you. Do not wrap your baby in blankets, especially thick polyester blankets that can overheat baby. Popular San Marcos blankets are dangerous because they are too heavy and warm for an infant. A sleep sack or footed pajamas are best.

The safest place for your baby is in the same room with you, especially in a bassinet or crib next to your bed or a co-sleeper attached to your bed. This will make it easier to feed, comfort and monitor your baby during the night.

### **If baby sleeps with you in your bed, follow these guidelines in addition to those above to make it as safe as possible:**

- Do not bring your baby into your bed with you if you or your partner have **drunk alcohol, used drugs or taken medications** that will make you extra sleepy.
- **Pets and other children** should not be in the same bed with your baby.
- Do not sleep with your baby if you or your partner **smoke cigarettes**.
- Do not sleep with your baby on a **waterbed, sagging mattress, bean bag chair, sofa, couch, recliner, or armchair**.
- Do not put your baby on **twin beds** that have been pushed together.



## Sueño Seguro

Es muy importante que su bebé tenga un área donde pueda dormir de manera segura. En el primer año de vida, los bebés corren el riesgo del Síndrome de Muerte Repentina Infantil (SIDS por sus siglas en inglés o “Muerte de cuna”) y algunos han muerto de asfixia mientras dormían. La asfixia ocurre cuando la nariz del bebé es bloqueada incluso por un corto tiempo por una almohada, un muñeco de peluche, una cobija u otro objeto.



### Usted puede reducir el riesgo de Síndrome de Muerte Repentina Infantil y asfixia para su bebé:

- **Amamantar:** Dar pecho reduce el riesgo de muerte de cuna.
- **Ponga a su bebé a dormir boca arriba:** Su bebé siempre debe dormir sobre su espalda, no de lado o boca abajo. Esto también es necesario durante las siestas.
- **Un ambiente libre de humo:** Nadie debe fumar cerca de su bebé.
- **La superficie donde duerme debe ser firme y plana:** Las camas de agua, los colchones hundidos, los sofás y los sillones son muy peligrosos. Los bebés nunca deben dormir en alguno de éstos.
- **Mantenga los objetos suaves fuera del área de dormir:** No debe haber almohadas, cobijas pesadas, colchas, muñecos de peluche, protectores de cuna u otros artículos blandos en el área de dormir del bebé.
- **No deje que su bebé tenga demasiado calor al dormir:** Vista a su bebé con ropa de dormir ligera y mantenga el cuarto a una temperatura que sea cómoda para usted. No lo envuelva en cobijas, especialmente mantas gruesas de poliéster que puedan sobrecalentar al bebé. Las cobijas como la San Marcos son peligrosas porque son demasiado pesadas y calientes para un bebé. Los sacos de dormir o mamelucos son los mejores.

El lugar más seguro para su bebé es cerca de usted en la misma habitación, especialmente en un moisés o cuna junto a su cama o en una co-cama unida a la suya. Esto hará más fácil darle de comer, reconfortarlo y monitorear a su bebé durante la noche.

### Si su bebé duerme con usted en su cama, hay otras precauciones que debe tomar, además de las recomendaciones anteriores:

- No acueste a su bebé en la cama con usted si usted o su pareja han **bebido alcohol, usado drogas o han tomado medicamentos** que producen somnolencia.
- **Las mascotas y otros niños** no deben dormir en la misma cama con su bebé.
- No duerma con su bebé si usted o su pareja **fuma**.
- No duerma con su bebé en una **cama de agua, un colchón hundido, un sofá, un sillón, o un sillón reclinable**.
- No ponga a su bebé en **camas gemelas** que han sido Empujadas juntas.

