



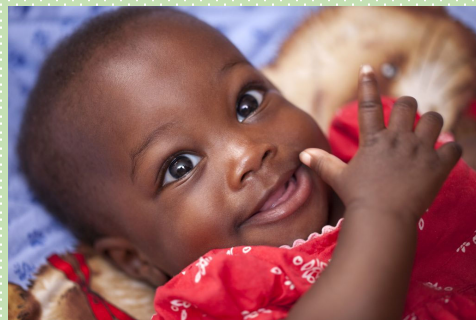
# Safe Sleep Training



Cradle of Hope  
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[www.cradleofhope.org](http://www.cradleofhope.org)

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**GOAL:** Learn the **SAFEST** way for  
your baby to **SLEEP.**



**WHY?**

**3,700 Infant Deaths Each Year**

**Sudden Unexpected Infant Death (**SUID**)**

You'll learn how you  
can prevent  
accidental  
suffocation &  
strangulation in bed!

**Accidental  
Suffocation &  
Strangulation In Bed**

*1,200 deaths*



**Unknown Causes**

*900 deaths*

You'll learn  
how you can  
lower the risk of  
SIDS!

**Sudden Infant  
Death Syndrome  
(SIDS)**

*1,600 deaths*

**The**



**S**

**of Safe Sleep**





= **ALONE**

Baby should be **ALONE** inside the crib! No other people, animals, toys, soft objects, or loose bedding (this includes pillows, blankets, and bumper pads).



= **BACK**

Baby should always be put to sleep on his/her **BACK**. Not his/her side or tummy.





= CRIB

Baby should only sleep in a safety approved **CRIB** or bassinet. Use a fitted crib sheet and a firm sleep surface. No beds, car seats, swings, couches, etc. Baby can sleep with parents but NOT in the same bed.  
*Room sharing without bed-sharing.*



**What else can I do...**



**to prevent accidental suffocation & strangulation in bed and lower the risk of SIDS?**

## Tummy Time

Strengthens neck and shoulder muscles which helps baby to roll over.

*Helps reduce any flat spots on the baby's head.*



*\*If your baby is born premature, consult with your pediatrician before starting Tummy Time.*

## Breastfeeding

- Babies tend to wake up easier.
- Helps fight infections & diseases.
- If you are not able to breastfeed or have chosen not to, your baby still receives nutrients from formula which will help him/her.





## Pacifier Use

- Babies tend to wake up easier.
- If it falls out do not force it back in if the baby is sleeping.
- Make sure nothing is attached to the pacifier as it can be harmful to the baby.



## No Smoking

- Smoking can be harmful to baby's developing lungs, brain, and heart. Baby may have a hard time breathing.
- Please go outside to smoke so baby's environment remains free from any smoke.



## SleepSacks

- SleepSacks replace blankets inside the crib. *(Blankets should not be used inside the crib because they can accidentally suffocate your baby. Remember, baby should be ALONE inside the crib.)*
- If your baby can roll over, make sure baby's arms are not tucked in when you swaddle your baby.



## Overheating

- A good temperature for your baby's room is 65-70 degrees.
- Dress your baby in 1 more layer of clothing than you would wear comfortably. *(For example: If you wear a t-shirt and shorts then baby can wear a long sleeve onesie or sleeper.)*
- SleepSacks replace blankets inside the crib and can help keep your baby warm.
- Look for signs of overheating such as red cheeks or sweating.



# Is this baby sleeping safely?



For each photo, ask yourself...

Is the baby ALONE?

Is the baby on his/her BACK?

Is the baby in a CRIB?

## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? **Yes**

Is baby on his/her BACK? **Yes**

Is baby in a CRIB? **Yes**

**YES – Baby is sleeping safely**





## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby <u>A</u> LONE?	Yes
Is baby on his/her <u>B</u> ACK?	Yes
Is baby in a <u>C</u> RIB?	No

**NO – Baby is NOT sleeping safely**



## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby <u>A</u> LONE?	Yes
Is baby on his/her <u>B</u> ACK?	No
Is baby in a <u>C</u> RIB?	No

**NO – Baby is NOT sleeping safely**



## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? No  
Is baby on his/her BACK? Yes  
Is baby in a CRIB? No

**NO – Baby is NOT sleeping safely**



## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? Yes  
Is baby on his/her BACK? No  
Is baby in a CRIB? No

**NO – Baby is NOT sleeping safely**





## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? No  
Is baby on his/her BACK? No  
Is baby in a CRIB? Yes



**NO – Baby is NOT sleeping safely**



## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? No  
Is baby on his/her BACK? No  
Is baby in a CRIB? Yes



**NO – Baby is NOT sleeping safely**



# Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? No  
Is baby on his/her BACK? Yes  
Is baby in a CRIB? Yes

**NO – Baby is NOT sleeping safely**



# Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? Yes  
Is baby on his/her BACK? Yes  
Is baby in a CRIB? No

**NO – Baby is NOT sleeping safely**





## Is this baby sleeping safely?

Ask yourself the ABCs...

Is baby ALONE? Yes  
Is baby on his/her BACK? Yes  
Is baby in a CRIB? Yes

Yes – Baby is  
sleeping safely



## Portable Crib

### SET UP...

**POP** out the sides  
**LOCK** the sides into place  
**DROP** down the middle



### TAKE DOWN...

**POP** up the middle  
**UNLOCK** the sides  
**DROP** down the sides

"Pop, Lock, & Drop"

## VIDEO



Safe Infant Sleep for Grandparents and Other Trusted Caregivers  
<https://www.youtube.com/watch?v=7cXwlpSjL08>



## Contact Information

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