

Safe Sleeping

This November the Bethlehem Health Bureau recognizes safe sleeping. Safe sleeping refers to infants and their sleeping environment & positions. Safe Sleeping Month creates awareness on how to prevent Sudden Infant Death Syndrome (SIDS) from occurring. Safe Sleeping Month also helps to educate parents and families on how to put their baby to sleep in the safest way possible. According to the National Institute of Child Health and Human Development, "SIDS is sometimes called 'crib death' or 'cot death' because it is associated with the timeframe when the baby is sleeping. Cribs themselves don't cause SIDS, but the baby's sleep environment can influence sleep-related causes of death." (1)

How to put your baby to sleep safely

There are numerous factors that contribute to safe sleeping environments. All of the following should be considered when putting your baby to sleep:

- Infant should be placed to sleep on his or her back.
- Infant should sleep in its own crib; avoid co-sleeping.
- Avoid overcrowding of crib with pillows, blankets, and stuffed animals.
- Always leave infants head uncovered.
- Provide a smoke and stress-free sleeping environment.
- Do not let your infant get too hot during sleep. If using a blanket make sure to use a lightweight blanket, and check the temperature in the room.
- Do not place crib next to curtains or blinds.

Cribs for Kids

If you or someone you know does not have a safe sleeping environment for an infant, the Bethlehem Health Bureau provides a safe place to sleep for children between the ages of 0-1 years old. The community nurse on staff provides home visits, safe sleep education, and Graco Pack N Play.

(2)



For more information on Safe Sleeping or SIDS, go online to: <http://www.cdc.gov/SIDS/index.htm> or contact the Bethlehem Health Bureau at **610-865-7083**. You can also visit www.cribsforkids.org for more information on how to obtain a pack and play for your infant or if you have any questions on the Cribs for Kids Program.

- (1) "Fast Facts About SIDS ." *Safe to Sleep*. Eunice Kennedy Shriver National Institute of Child Health and Human Development, 19 Nov. 2013. Web. 22 May 2015.
- (2) *Take All the Right Steps*. 2012. Nebraska SIDS Foundation, Omaha. Web. 22 May 2015.