

For you to rest easy, your baby must rest alone.

Adults or children who sleep or nap with an infant are putting the baby at risk of accidental injury or even death.

Risks of bed-sharing

- Babies can roll off the bed and injure themselves.
- Babies can get trapped between the bed and the wall or bed frame and stop breathing.
- A sleeping adult or child may roll over on the baby.
- Sleeping with comforters, blankets, quilts and pillows can be dangerous for babies who can become tangled up or injured in some other way.



What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby under the age of one year.

SIDS Facts

- SIDS is the leading cause of death in babies from infancy to 1 year.
- African American babies are twice as likely to die of SIDS as white babies.
- Most SIDS deaths occur in the winter months.

Accidental Death

Babies who are not put to sleep safely are at risk of accidental injury or death. This may occur if a baby falls off a bed or sofa, becomes entangled in bedding or gets stuck between a mattress and a wall. A baby can also die when an adult or child rolls over on the baby while sharing a bed.

It **CAN** happen... because it is happening!

In Philadelphia alone, more babies have died in co-sleeping environments than as a result of child abuse. To prevent a tragedy like this, a baby must sleep alone, in an uncluttered crib.

Other ways to keep your baby healthy and safe.

- Do not smoke around your baby—this goes for you or anyone else around your baby. Smoke increases the risk of SIDS and other health problems.
- Breastfeed your baby if you can. Breast milk has the perfect nutrition for your baby and breastfed babies have fewer colds and ear infections. SIDS rates are lower in breastfed babies.
- Do not overheat your baby—if you are comfortable, your baby is comfortable.
- Let your baby play on his or her stomach while you watch carefully. This will help make your baby's head and neck stronger.
- Take care of yourself and your baby—eat well and see a healthcare provider regularly.
- Get all required immunizations for your baby.



Funding for Cribs for Kids comes from:

BJ's Charitable Foundation
Annie E. Casey Foundation
Chestnut Hill Health Care Foundation
CJ Foundation for SIDS
Dale Earnhardt Legend Leadership Award
Dorel Juvenile Group
eXude Benefits
IBEW - Local 98
Mellon Mid-Atlantic Charitable Trusts
Pennsylvania Departments of Health and Economic and Community Development
Philadelphia Department of Human Services
Ronald McDonald House Charities of the Philadelphia Region
Rotary Club of Pennsylvania
The Saturday Club
Simplicity for Children
Thomas Jefferson University Hospital Women's Board
W.W. Smith Charitable Trust
Wawa SIDS Walk
Western Association of Ladies for Relief of the Poor
United Way of Southeastern PA

And many generous businesses and individuals

The need is great! To find out how you can help support Cribs for Kids, call 215-989-3589.



Maternity Care Coalition
Strengthening families, one baby at a time

2000 Hamilton Street, Suite 205
Philadelphia, Pennsylvania 19130
t: 215.972.0700 f: 215.972.8266
www.MOMobile.org



Philadelphia Division of
Social Services
Department of Public Health
Department of Human Services

Philadelphia Department of Human Services

Sleeping Safely

For you to rest easy,
your baby must rest alone.



Sleeping Safely:

The Philadelphia Department of Human Services supports the Maternity Care Coalition, which offers education to new parents and to providers of healthcare, social services, and childcare about:

- Safe sleeping environments
- Safe cribs
- Accidental death prevention
- SIDS prevention

Babies are safest sleeping alone in an uncluttered crib, on their back, never on their front or side. If you need a crib...we can help.

For families who cannot afford a crib, Maternity Care Coalition distributes small, portable cribs. **To contact Cribs for Kids, call 215.989.3589.**



This is a sample of the type of crib we offer. Style and size may vary depending on the age and weight of the baby and product availability.

Creating a Safe Sleep Environment for Your Baby



- **A baby should sleep alone in a crib.** Never put your baby to sleep on a sofa, waterbed or other soft surface.
- **Always place the baby on his or her back to sleep.**
- **Use a firm mattress with a tightly fitted crib sheet.**
- **Don't make the room too hot.** If it's cold, dress your baby in a warm sleeper. If you must use a blanket, use only a small, flat infant blanket covering the baby from the chest down, and tuck it under the mattress.
- **Make sure the baby's feet are near the bottom of the crib and that the blanket cannot cover the baby's face.**
- **Always put your baby back in his or her crib after breastfeeding.**
- **The America Academy of Pediatrics (AAP) recommends that babies sleep in a crib or bassinet in the same room as their parents or caregivers.**



To find out more, go to the Consumer Product Safety Commission's website at www.consumer.gov/productsafety.htm or call the toll-free hotline at 800-638-2772.

Remember to explain these tips to others who care for your baby!