

SAFER SLEEP

Reviewed: October 14, 2023

Congratulations on giving birth to your wonderful baby!

We know that you and other family members want what is best for your baby!

Remember: it is okay to have questions about how to take care of your baby!



Here are some very important steps to keep your baby safer:

- 1 Always place the baby on the back to sleep. Back sleeping is the safest sleeping position for babies under year one.
- 2 Close but separate - Keep your baby's sleep area close to you but separate from where you and others sleep.
- 3 Firm mattress and alone – remove all soft surfaces, including toys, pillows, blankets, and wedges from the crib. Please ask others not to place any loose items in the baby's crib.

Why do we ask you and other caretakers to remember these points?

Because **infant sleep-related death is the leading cause of death in an infant before one year old.** The term we use to describe these are sudden and unexpected deaths is called **Sudden Unexpected Infant Death** or **SUID**. These deaths **happen while the baby is asleep or is in their sleeping area.**

Sudden Infant Death Syndrome or **SIDS** is one type of Sudden Unexpected Infant Death (SUID), SUID includes accidental suffocation in a sleeping environment and other sleep related deaths from unknown causes.

How to keep my baby safe?

Take our BLACK Safer Infant Sleep training and learn more about prevention and risk factors. Find the training here: www.blackwpc.org/safersleep

What to do if you do not have a crib?

We might be able assist you with a playpen – **contact us at info@black-enterprises.com or complete the intake form at www.blackwpc.org/safersleep**