Safe Sleep

Put your grandbaby to sleep ALONE.
Put your grandbaby on their BACK for every sleep and naptime.
Use a CRIB with a firm mattress/surface and use only a fitted sheet.
Avoid bed-sharing with your grandbaby, you can keep the crib next to your bed instead.
Keep all objects out of the crib including soft objects, loose beddings, pillows, blankets, and bumpers. Consider using a sleep sack or wearable blanket.

HELP REDUCE THE RISK
The best way to reduce the risk of sleep-related deaths are to use the ABCs

A - Alone
B - on the Back
C - In a Crib

Avoid overheating by not using hats, blankets, or overdressing your grandbaby.
Avoid smoke exposure around the grandbaby.
Encourage breastfeeding. Breastmilk reduces the risk of sudden infant death.

To Learn More About Our Safe Sleep Resources
Call (209) 468-3004 or (209) 953–7074
Visit www.sjcphs.org

420 S. Wilson Way, Stockton, CA 95205

LEADING CAUSE OF DEATH
More than 3,600 babies in the U.S. die suddenly and unexpectedly every year while sleeping, making it the leading cause of death of babies over 1 month of age, according to the Centers for Disease Control and Prevention (CDC, 2017).

Your children look up to you for your guidance, wisdom, and experience. Your advice plays an important role in the parenting choices they make. Since the time that you had your last child, there has been a lot of research on the causes of infant sleep-related deaths.

This sleep area has no pillows, no blankets, no bumpers or any other objects. The baby is ALONE, on his BACK, and in a CRIB with a fitted sheet.