

## Programs Available

San Joaquin County Public Health Services offers safe sleep education and can provide a portable crib on a limited basis to families who meet requirements to participate in one of the following programs:

### NURSE HOME VISITATION PROGRAM

Nurses visit pregnant women and parents with infants in order to provide education, information, assessments, care coordination, and referrals to resources.

### BLACK INFANT HEALTH

A program for African American women who are less than 30 weeks pregnant, and over 18 years old. The program works to develop life skills and improve overall health and wellness for the mother and baby using a group-based culturally centered approach.

**For more information call  
(209) 468- 3004 or (209) 953-7074.**



**Learn more about our  
Safe Sleep Resources,  
including no-cost portable  
cribs on a limited basis.**

**CALL US AT**  
**(209) 468-3004 or**  
**(209) 953-7074**

420 S. Wilson Way  
Stockton, CA 95205  
[www.sjcphs.org](http://www.sjcphs.org)

 San Joaquin County  
**Public Health Services**  
health grows here  
6-24-19



**SAFE  
KIDS**  
SAN JOAQUIN  
COUNTY

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**Public Health Services**  
health grows here

Funding provided by the California Department of Public Health,  
Safe and Active Communities Branch, Kids' Plates Program.

## Types of Sleep Areas

Prepare for a safe sleep environment by only buying or using a crib, portable crib, or bassinet approved by the Consumer Product Safety Commission (CPSC).

### BASSINET

- For babies from birth to about four months
- Can be placed next to the parents' bed
- Designed to work with fixed legs or cradles for a rocking or gliding motion



### PORTABLE CRIB/ PLAY YARD

- Sleep environment for babies less than 35 inches tall and who cannot climb out
- Can be folded for storage or travel
- Is a framed enclosure with a floor and mesh or fabric panels
- Portable cribs have different weight limits; remember to always check the labels



### CRIB

- A bed that has railings spaced no more than 2 3/8 inches apart (that means a can of soda cannot fit through the spacing)
- A firm mattress that fits snugly in the frame and fitted sheet that is tight around the mattress is all that should be inside of the crib
- Crib bumpers should not be used



You can keep your baby safe by remembering the **ABCs**



This is what a safe sleep environment looks like. This sleep area has no pillows, blankets, or bumpers. The baby is **Alone**, on his **Back**, and in a **Crib**. Remember the ABCs!

## Sleep-Related Deaths

Sleep-related deaths are the **leading cause of death** in babies over 1 month of age. More than **3,600 babies** in the U.S. die suddenly and unexpectedly every year while sleeping.

## Safe Sleep Practices to Follow

- Room-share with your baby on a separate sleep surface; do not bed-share. Put baby to sleep **Alone**
- Put baby to sleep on their **Back** for every sleep/naptime
- Use a **Crib**, bassinet, or play yard with a firm sleep surface and fitted sheet
- Keep soft objects and loose bedding away from the baby's sleep area. Consider using a sleep sack or wearable blanket
- Offer a pacifier that is not attached to a string at naptime and bedtime
- Breastfeed your baby
- Avoid overheating by not using hats, blankets, or overdressing
- Avoid smoke exposure during pregnancy and after birth
- Avoid alcohol, marijuana, and illicit drug use during pregnancy and after birth