

“It’s so important to learn that you need to safe sleep your baby alone, on the back, in the crib always.”

– DJ Waynee Wayne, 102.5 KSFM Sacramento

“We can reduce the risk of babies dying while sleeping. Cribs are the safest places for babies to sleep. It is not safe for babies to sleep with stuffed animals, pillows, comforters or bumpers in their crib or sleep area.”

– Sacramento pediatrician and new mom



Your Baby’s Safety Comes First

Every other week in Sacramento County, a baby dies while sleeping. Half are African American.

This is a tragedy you can prevent.

Don’t let your baby suffocate to death.

- No sleeping in adult beds, couches, recliners, futons or swings.
- No sleeping with adults and other children.
- No sleeping with pillows, blankets, stuffed animals or other soft objects.

Find FREE Resources in Your Community

Safe Sleep Baby Workshops and Free Cribs

Call (916) 244-1900

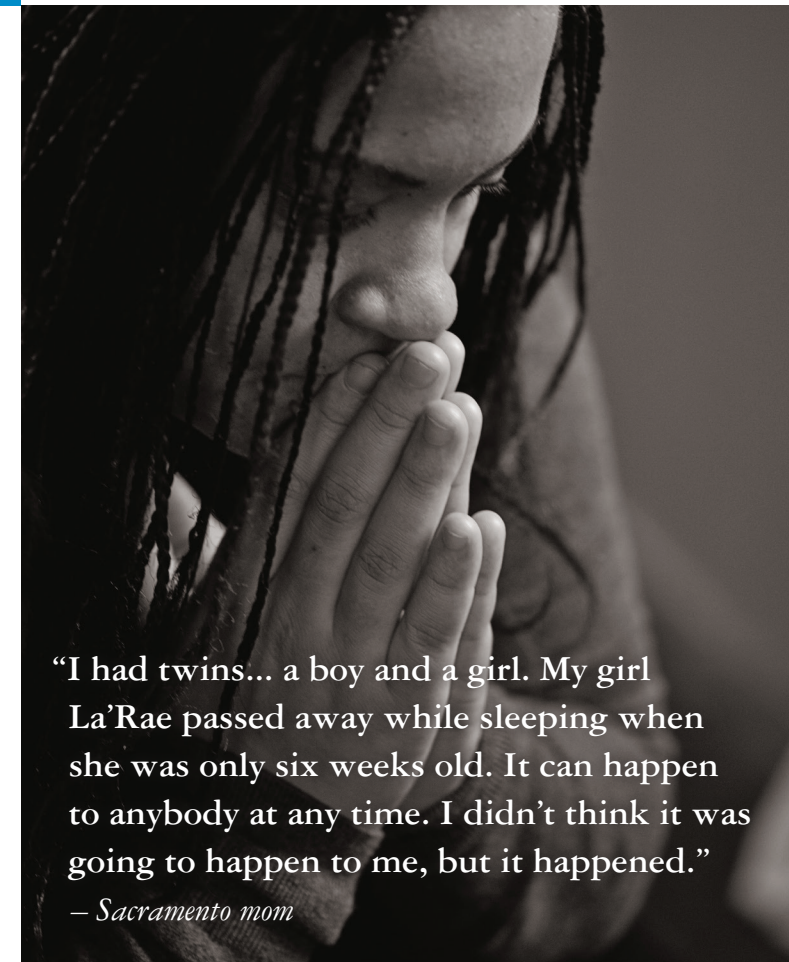
www.thecapcenter.org
www.SacHealthyBaby.com



Funding is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero through five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling (916) 876-5865.

Safe Sleep Baby

ALONE
BACK
CRIB
ALWAYS!



“I had twins... a boy and a girl. My girl La’Rae passed away while sleeping when she was only six weeks old. It can happen to anybody at any time. I didn’t think it was going to happen to me, but it happened.”

– Sacramento mom

Keep Your Baby Safe While Sleeping

Learn the 6 Steps to Always Safe Sleep Baby
BIRTH TO ONE YEAR

- 1** Sleep baby **ALONE**.
- 2** Sleep baby on his **BACK**.
- 3** Sleep baby in a **CRIB**. **ALWAYS!**
- 4** Put nothing in baby's sleep area.
- 5** Do not overdress baby.
- 6** Do not smoke anything around baby.



“I just plead with all parents, put the baby in a safe place to sleep just like it's a law. Make that your law, your statement, what you're going to do every time the baby goes to sleep.”

– Mrs. Nellie,
Grandmother of four

A **L** **O** **N** **E** **B** **A** **C** **K** **C** **R** **I** **B**
ALWAYS!

- 1** Put baby to sleep **ALONE** in his/her crib or bassinet. Do not sleep with baby, and do not let other children sleep with baby.
- 2** Put baby to sleep on his/her **BACK** for every sleep. Doctors know “Back to Sleep” will **NOT** increase baby's risk of choking.
- 3** Use a **CRIB** or bassinet to sleep baby. Firm crib mattresses with fitted sheets are the safest place for baby to sleep. Do not place baby to sleep in an adult bed, couch, recliner or swing.
- 4** Do not place any objects in baby's crib or bassinet, such as pillows, blankets, bumpers, stuffed animals or other soft objects.
- 5** Do not dress baby too warmly when sleeping. If you are comfortable, baby is comfortable.
- 6** Do not allow anyone to smoke **ANYTHING** around baby.

Breastfeeding your baby may reduce the risk of dying while sleeping.

Spread the **SAFE SLEEP BABY** message to family, friends and others who care for baby.