

EVERY 5 DAYS, A BABY IN LOS ANGELES COUNTY **SUFFOCATES** WHILE SLEEPING.

IS YOUR BABY SLEEPING SAFELY?



IN L.A. COUNTY, THERE ARE MORE SLEEP-RELATED DEATHS THAN ALL OTHER ACCIDENTAL CHILD DEATHS COMBINED. THESE DEATHS ARE **COMPLETELY PREVENTABLE.**

Accidental suffocation is the greatest risk for babies under age 1. These deaths are silent and quick. It just takes seconds for a baby to suffocate.

Babies are small, without voices and have no strength. For the first 3-4 months, they can only breathe through their nose. A baby's nose – unlike an adult's – doesn't have cartilage, so it can flatten easily and block airflow, causing suffocation.

BABIES UNDER THE AGE OF 1 YEAR CAN SUFFOCATE WHILE:

- Sharing a bed with parents, siblings and/or pets.
- Sleeping in a cluttered crib or bassinet.
- Sleeping on their side or stomach.
- Sleeping on unsafe sleep surfaces like couches, chairs, soft surfaces, or in unfamiliar places.

“NO ONE EVER TOLD ME ABOUT THE RISKS OF SUFFOCATION.”

~Parents who have lost their babies

HOW TO PUT YOUR BABY TO SLEEP SAFELY:

- Share a room, not a bed.
- Lay babies down to sleep in a crib or bassinet with a firm mattress. Portable cribs like a Pack 'n Play are also a good alternative.
- Give babies space to breathe – no pillows, bumpers, blankets or toys in the crib or bassinet. Even one object is a suffocation risk.
- Place babies on their back every time – at night and for naps.



DON'T WAKE UP TO A TRAGEDY.

The information and recommendations by the Safe Sleep for Baby campaign are based on data gathered by the Los Angeles County Department of Coroner, who investigates all unexplained infant deaths in the county, and from the American Academy of Pediatrics.



QUESTIONS YOU MAY HAVE

IS IT SAFE TO PUT A BABY TO SLEEP IN A CAR SEAT OR STROLLER?

No, because of the way the baby is positioned in these carriers. Babies should always be placed on their back to sleep.

CAN I SWADDLE MY BABY?

Yes, but be sure to use a light receiving blanket because other blankets, such as San Marcos blankets, can be too heavy and warm for infants. Once babies reach 5-6 months, swaddling is no longer needed and parents can simply continue to dress their baby in a onesie or sleeper.

WHAT IF I AM BREASTFEEDING?

Breastfeeding is encouraged, and moms should place their baby in a crib or bassinet after nursing.

WHAT IF MY BABY LIKES SLEEPING ON HIS STOMACH?

The safest way for babies to sleep is on their back. When babies sleep on their stomach or side, they can choke or suffocate.

MY BABY HAS TROUBLE BREATHING – WHAT'S THE BEST WAY TO PUT MY BABY TO SLEEP?

If your baby has a medical condition, talk to your doctor about any special care your child may need.

FOR MORE INFORMATION:

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SAFE SLEEP FOR BABY IS PART OF THE L.A. COUNTY INFANT SAFE SLEEPING CAMPAIGN

The Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN) is the official county agent coordinating the development of services for the prevention, identification and treatment of child abuse and neglect. ICAN is nationally known for its multi-agency comprehensive review of child fatalities. Through this review, it has been determined that infant unsafe sleeping is the single leading cause of preventable child death. ICAN Associates is a private, nonprofit organization that works in partnership with ICAN, providing support for direct and indirect services to prevent harm to children. ICAN and ICAN Associates have partnered with First 5 LA to raise awareness about safe sleep for babies to save families from the preventable tragedy of losing an infant due to unsafe sleeping practices. For more information, please visit ican4kids.org.