

Keep this rhyme handy to help you remember the tips for safe sleep.

Where Baby Sleeps Best

Not on the couch

Or in a chair,

Not with a fluffy

Blanket or bear,

Not in your bed

Or on your chest –

On his back in a sleep sack

Is where baby sleeps best!

So clear your crib

Of soft, fuzzy stuff,

Of rattles and bunnies

Covered in fluff.

Use a sleep sack or sleeper

So baby sleeps tight

And both of you

Will have a good night.

Crib safety

Your baby's crib should have:

- Railings no more than 2 3/8 inches apart (If you can fit a soft drink can between them, they're too far apart.)
- A firm mattress that fits snugly in the frame
- A fitted sheet that is tight around the mattress

Highly recommended

Parkview Health wants to help you keep your baby safe. Remember: The American Academy of Pediatrics (AAP) recommends that no loose blankets be used for children under the age of 1. To reduce the risk of SIDS and accidental suffocation, the Consumer Product Safety Commission, First Candle, and the AAP recommend that an infant sleep:

- On his or her back on a firm mattress in a safety-approved crib free of soft bedding or comforters
- In a smoke-free home
- In a room that is kept at a temperature comfortable for lightly clothed adults



The Safe Slumber Program

 **PARKVIEW**
FAMILY BIRTHING CENTER

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HEALTH

Sleeping shouldn't be dangerous for baby

Protecting your baby is so important. You probably already take many precautions to keep your precious baby safe. But what about when your child is sleeping?

Every year, infants die in their sleep. SIDS (Sudden Infant Death Syndrome) is sometimes thought to be the cause, if the babies seemed healthy and were less than 6 months old and no other cause of death was found.

In recent years, research has shown that a significant number of deaths originally attributed to SIDS were from accidental suffocation. Suffocation (or related injury) resulted because a child slept in a position that blocked his or her breathing. In these tragic cases, one of the following occurred:

- The baby was co-sleeping with an adult and was smothered by the adult, another child, pillows or soft bedding.
- The baby was in a crib and became trapped against bumpers, bedding, stuffed animals or other soft materials.
- The baby was injured rolling off an adult bed.

Infant deaths from co-sleeping and suffocation in bedding can be prevented. For that reason, Parkview has created the Safe Slumber program.

'Snug as a bug': Sleep sacks increase safety for baby

Experts in child development now recommend the use of sleep sacks or other types of fitted sleeper for children under the age of 1. Sleep sacks are designed to keep baby safe and cozy while eliminating the suffocation hazard of loose fabric around the face. Sleep sacks are readily available at many retail stores that sell baby clothes and supplies.



Parkview's Safe Slumber Program

Parkview wants parents to be aware of the risks of unsafe sleep practices. That's why the Family Birthing Centers at all Parkview hospitals have implemented the Safe Slumber program in 2009.

- Baby blankets are no longer used to swaddle sleeping infants. All Parkview Family Birthing Centers now use sleep sacks. Following delivery, each mom is shown how to dress her baby in a sleep sack, and she and baby take home a complimentary sleep sack when they are discharged.
- Sleep sacks are available for sale in all Parkview gift shops.
- Breastfeeding moms are cautioned not to feed baby in an unsafe position. Parkview lactation consultants advise each mom on proper upright positioning so she can stay awake and return baby to the crib after breastfeeding.
- Safety-approved cribs are available for parents who qualify. In conjunction with First Candle, a nationwide initiative fighting against sudden infant death, Parkview is a distribution site for free, safe and portable cribs. Parents or expectant parents interested in learning about the program should call (260) 373-6900 between 7 a.m. and 9 p.m. Applicants for cribs must meet financial need and are required to complete a parent education class facilitated by Parkview.

Parkview is proud to be the largest health system in northeast Indiana to implement a free crib program through Parkview Hospital and First Candle and to make it a policy to use sleep sacks in its nurseries.



Simple steps to safe sleeping

Use these safety measures to help prevent suffocation and promote safe sleeping.

1. Use a sleep sack or regular infant sleeper instead of a baby blanket.
2. Do not overheat your baby. Keep the bedroom at a comfortable temperature.
3. Put baby to bed on his or her back in an uncluttered crib. Allow no covers near the baby's head.
4. Keep baby's crib clear of pillows, toys, bumpers or other potential hazards.
5. For at least the first six months, position the crib in your room (if possible) so you can be aware of baby's breathing as he/she sleeps. The baby will take comfort from knowing you are close.
6. Even when away from home, make sure baby sleeps in a safety-approved crib.
7. Never sleep on a couch or in your bed with your baby. Never let the baby fall asleep in a bed or chair with another person.
8. Make sure your baby lives, and sleeps, in a smoke-free home.

