



Give Your Baby Space

A Presentation on Safe Sleep

WHY is a Safe Sleep Environment Important?

In Louisiana, about 100 babies die each year in their sleeping area due to:

- Accidental suffocation
- SIDS

Many of these deaths are preventable!



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Myth Busters

Tell me...

What have you heard or learned in the past about how a baby should sleep?

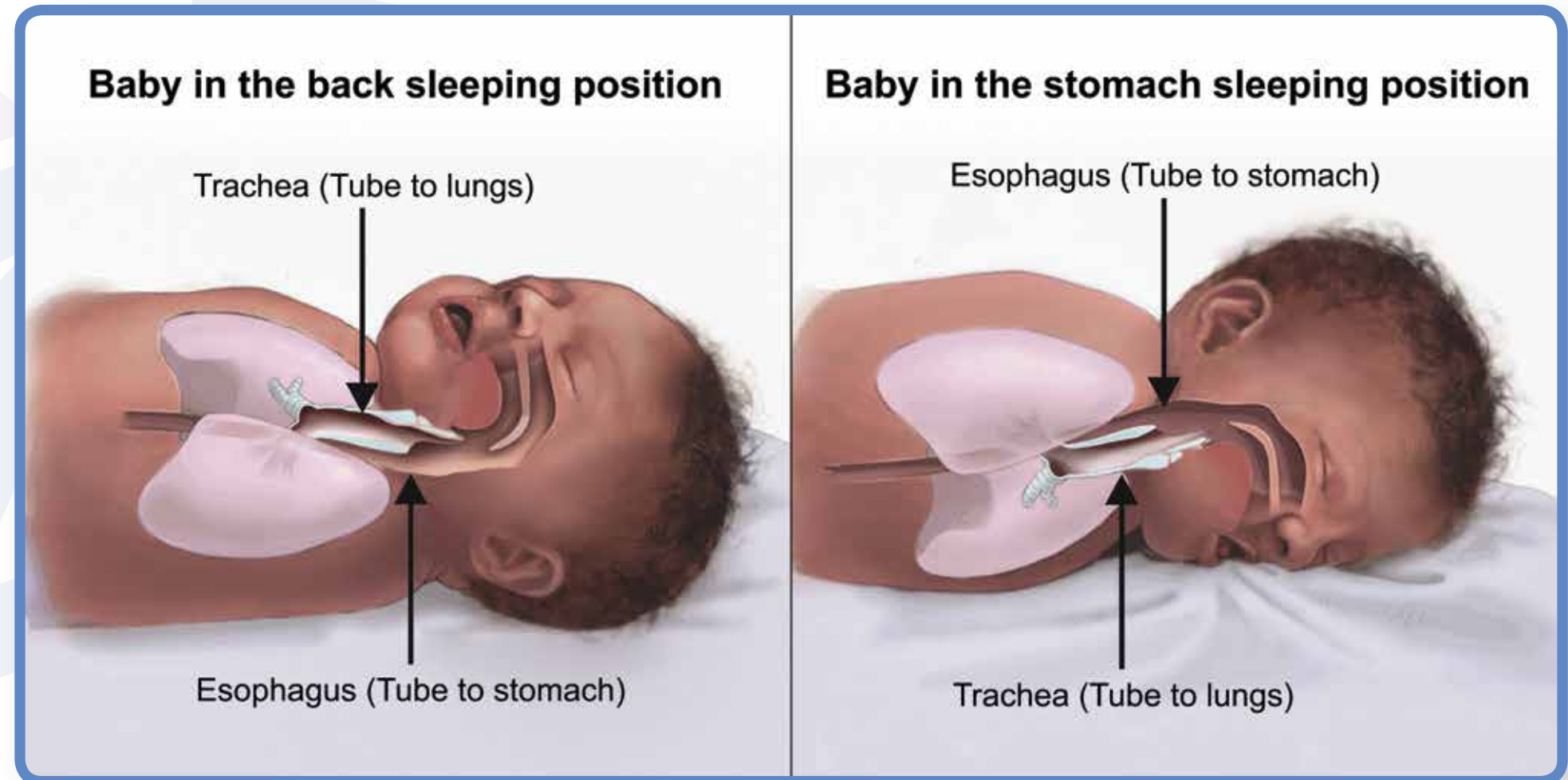


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What's the safest way for my baby to sleep?

On baby's **BACK**

- Mouth and nose are not blocked
- Able to breathe fresh air



Concern: "I'm scared my baby will spit up and choke if she sleeps on her back!"

- **Actually, the opposite is true.**
- The wind pipe is on top of the food pipe so if baby is on her back, gravity keeps her from choking if she spits up
- If baby is face-down or on the side, spit up can pool, and she may breathe it in and choke

WHERE should my baby sleep?

- In a crib, bassinet or Pack 'n Play, with a FIRM, flat mattress
- Share a room with your baby if you can
- Baby is safest when sleeping alone and not when sharing a sleep surface with another adult, child, or pet
- Avoid car seats, swings, or other furniture
- Keep baby's sleep space free of blankets, pillows and toys, and away from curtains and blinds



Alone doesn't mean lonely!

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What else can I do to help keep my baby safe?

- Breastfeed your baby if possible
- Keep the home smoke-free
- Avoid overheating
- Dress baby in loose but fitted clothing, such as a sleep sack, footed pajamas, or onesie
- Baby can sleep with a pacifier



Babies can't push things away from their faces!

Which is the safer sleep space? Demo Time!

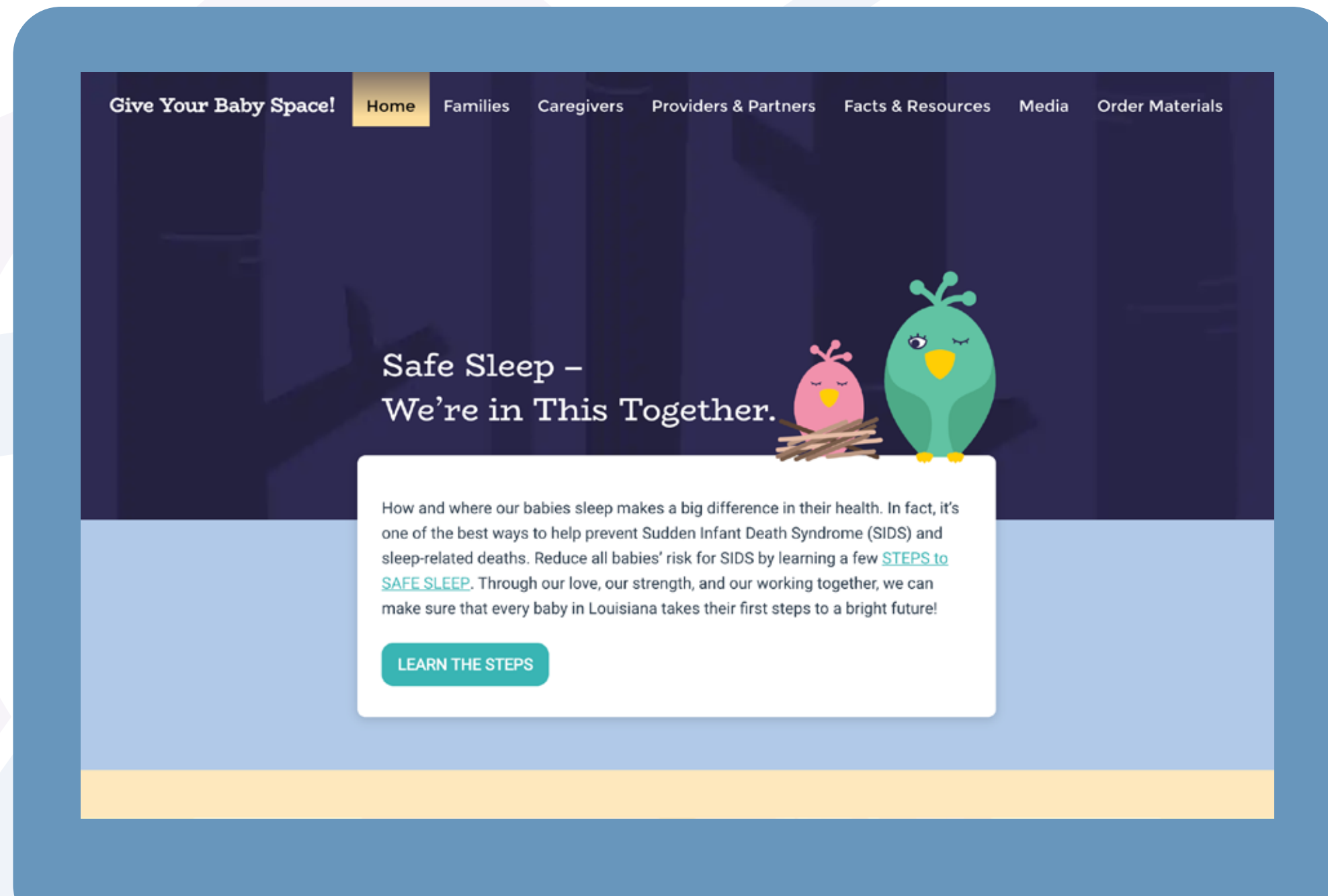


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Thank You!

For more information, visit www.GiveYourBabySpace.com



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