

Love your baby. Bond with your baby. *But don't sleep with your baby.*

In Louisiana, about 100 infants die of SIDS or suffocation every year. Keep your baby safe from sleep-related causes of infant death. For information on the steps to safe sleep for your baby, visit: GiveYourBabySpace.org

Follow the Steps to Safe Sleep!



- Baby is safest when you don't share a bed with him/her
- Baby should sleep alone in a crib or pack 'n play near you. Not in an adult bed, sofa or chair
- Baby sleeps on his/her back
- No pillows, no blankets, no bumper pads in the crib or pack 'n play
- No stuffed animals, no toys, no loose bedding in baby's sleep area
- Baby is dressed in lightweight clothing
- Keep crib or pack 'n play away from windows with curtains, blinds or cords
- No smoking around your baby

Try to check off as many items as possible.

Share these important safety tips with EVERYONE you know who cares for and about babies!

Services

For Families & Providers

Give Your Baby Space

GiveYourBabySpace.org

- SIDS/Safe Sleep information, resources, and videos



*interactive safe
sleep game*

Partners for Healthy Babies

PartnersforHealthyBabies.org

1-800-251-BABY (2229)

- Helpline and website connects women and families to resources and information
- Confidential and 24/7
- Spanish version: AliadosParaBebesSanos.org

Family Support & Coaching Services

PartnersforFamilyHealth.org/Family-Support-Coaching-Services

1-800-251-BABY (2229)

Nurse-Family Partnership

- Nurses provide support and services to 1st time moms from pregnancy until the child is 2 yrs. old

Parents as Teachers

- Certified parent educators support families from pregnancy to kindergarten (available in Monroe, Shreveport, and New Orleans areas)

Louisiana Breastfeeding Support

LABreastfeedingSupport.org

- Enter your zip code to find a list of breastfeeding resources near you. New statewide and local resources are added on a regular basis

Reproductive Health Resources

HealthyChoicesLA.org

- Information and resources, including a directory of family planning and reproductive health clinics

Children's Special Health Services Program

ldh.la.gov/cshs

- Ensures that Louisiana children and youth with special health care needs have access to services they need, and helps with care coordination
- Provides select medical care and family support services
- Links families to community-based resources

Project LAUNCH

LouisianaLAUNCH.org

- Website with information on child development and parenting tips

For Providers & Partners

Partners for Family Health

PartnersforFamilyHealth.org

- Website that helps all users navigate the Bureau of Family Health's online content
- Allows women and men, parents and families, and providers and partners to easily find the resources and websites relevant to their needs

Data Center

PartnersforFamilyHealth.org/data-center

- Find data products organized by topic
- Download a form for special data requests

Bureau of Family Health e-newsletter

Subscribe at PartnersforFamilyHealth.org

- Regular e-newsletter updates from the Bureau of Family Health, including news, activities, data and resources

The Gift Program

TheGiftLA.org

- Breastfeeding hospital designation program for birthing facilities
- Visit the website for information and how to apply

Child Care Health Consultants Program

LACCHC.org

- Health and safety trainings for child care facilities
- Trainings satisfy the annual 3 hour health and safety requirement for licensing

Partners for Healthy Babies Social Media

Facebook and Twitter: LouisianaPFH

- Join the Louisiana conversation on all things related to family health

