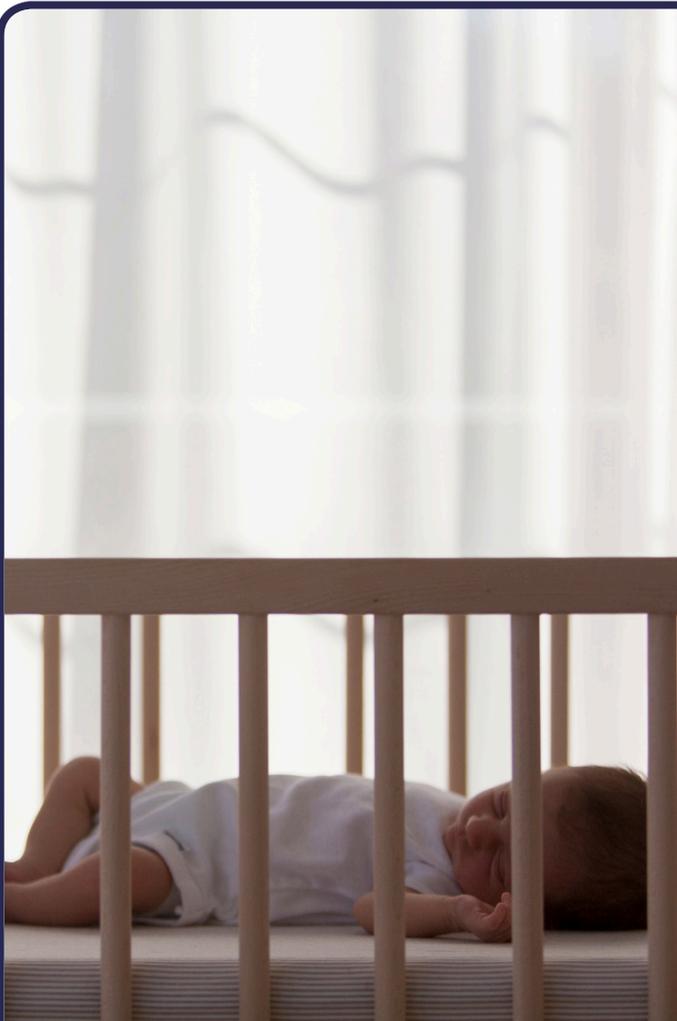


# Love your baby. Bond with your baby. But don't sleep with your baby.

In Louisiana, about 90 infants die of Sudden Unexpected Infant Deaths 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!



- Put your baby to sleep alone in a crib or pack 'n play near you. Do not sleep with your baby or have your baby sleep with another adult or child. A baby needs a firm surface to sleep on, not an adult bed, sofa, or chair.
- Put your baby to sleep on his/her back EVERY time they sleep.
- Keep the crib or pack 'n play clear of all item. No pillows, no blankets, no bumper pads, no stuffed animals, no toys, and no loose bedding in baby's sleep area.
- Dress your baby in lightweight clothing.
- Keep the crib or pack 'n play away from windows with curtains, blinds, or cords.
- If your baby falls asleep in a car seat, swing, or other furniture, move them to a crib or pack 'n play to sleep as soon as possible. Car seats, swings, and other furniture were not made for sleep for a baby.
- No smoking around your baby.
- Ask your childcare center about their safe sleep policy.

**Try to follow 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](http://GiveYourBabySpace.org)

- Sudden Unexpected Infant Death, Sudden Infant Death Syndrome, and safe sleep information, resources, and videos

### Partners for Healthy Babies

[1800251baby.org](http://1800251baby.org)

1-800-251-BABY (2229)

- Helpline connects women and families to resources and information, including the nearest WIC clinic, pregnancy testing and immunizations, and more.
- Confidential and available 24/7

### Family Support and Coaching Services

[PartnersforFamilyHealth.org/Family-Support-Coaching-Services](http://PartnersforFamilyHealth.org/Family-Support-Coaching-Services)

1-800-251-BABY (2229)

### Nurse-Family Partnership

[partnersforfamilyhealth.org/miechv](http://partnersforfamilyhealth.org/miechv)

- Pairs first-time moms with a registered nurse during their second or third trimester to help guide them through pregnancy and newborn care

### Parents as Teachers

[partnersforfamilyhealth.org/miechv](http://partnersforfamilyhealth.org/miechv)

- Pairs families who are expecting a baby or have young children with parent educators who provide support, help families navigate services, and keep babies on track with their health and development.

### Louisiana Breastfeeding Support

[LouisianaWIC.org/breastfeeding](http://LouisianaWIC.org/breastfeeding)

[LouisianaWIC.org/about-wic/how-to-apply](http://LouisianaWIC.org/about-wic/how-to-apply)

[LouisianaBreastfeeding.org](http://LouisianaBreastfeeding.org)

[llusa.org/locator](http://llusa.org/locator)

- Find local support and breastfeeding resources near you

### Reproductive Health Resources

[HealthyChoicesLA.org](http://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](http://ldh.la.gov/cshs)

- Ensures that Louisiana children and youth with special healthcare 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

## For Providers & Partners

### Bureau of Family Health

[PartnersforFamilyHealth.org](http://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](http://PartnersforFamilyHealth.org/data-center)

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

### Louisiana Perinatal Quality Commission The Gift Program

[LAPOC.org/initiatives/the-gift](http://LAPOC.org/initiatives/the-gift)

- Quality improvement and designation program that provides tools, training, and coaching to support birthing facilities improve breastfeeding and infant feeding outcomes.
- Visit the website for information and how to apply

### Bureau of Family Health Social Media

 [LouisianaPFH](#)

