

## *Information from the OC HCA SIDS prevention program...*

### **Safe Sleep Saves Lives**

October is Safe Sleep Awareness Month - a time to raise awareness and remind our staff and our parents that every baby deserves a safe and healthy start in life. Babies sleep any time of day and often will take naps wherever they are. All caregivers should be ensuring a safe sleep environment EVERY TIME a baby is sleeping. Families should share this information with anyone who will be caring for their baby.

#### ✨ Did You Know?

- Sudden Infant Death Syndrome (SIDS) is the leading cause of death for babies between 1 month and 1 year in the U.S.
- Around 3,500 babies die each year from sleep-related causes, including SIDS, accidental suffocation in a sleeping environment, and unknown reasons.

#### 🌙 The ABCs of Safe Sleep

- **A – Alone:** Always place baby to sleep alone in their own crib or bassinet.
- **B – Back:** Put baby on their back to sleep for every nap or bedtime.
- **C – Crib:** Use a safe crib, bassinet, or pack 'n play — no pillows, blankets, or stuffed animals.

#### 💡 Tips for Creating a Safer Sleep Environment

- ✓ Use a firm, flat mattress with fitted sheet
- ✓ Room share, don't bed share
- ✓ Keep the sleep area clear of soft items
- ✓ Move baby to the crib if they fall asleep in the car seat, swing, or stroller
- ✓ Feed your baby breast milk, if possible
- ✓ Offer a plain pacifier at sleep times
- ✓ Avoid overheating — no hats indoors for baby
- ✓ Give baby supervised tummy time while awake
- ✓ Keep baby's environment smoke-free

## One Last Reminder

**Safe sleep practices can save lives.**  
Every nap. Every night. Every time.

### Helpful Resources:

- Keep Me Safe While I Sleep, [English](#) | [Spanish](#) | [Vietnamese](#)
- OC Health Care Agency: [Safe Sleep and Sudden Infant Death Syndrome \(SIDS\)](#)
- California Department of Public Health: Safe Sleep for Babies, [English](#) | [Spanish](#)
- HealthyChildren.org: How to Keep Your Sleeping Baby Safe: American Academy of Pediatrics (AAP) Policy Explained, [English](#) | [Spanish](#)
- National Institutes of Health Safe to Sleep®: Benefits of Tummy Time, [English](#) | [Spanish](#)

### Share with your child care provider:

- Caring for Our Children (CFOC): [3.1.4 Safe Sleep](#)
- California Department of Social Services Child Care Licensing: [Safe Sleep in Child Care](#)
- California Childcare Health Program: [Safe Sleep Policy for Infants in Child Care](#)