Safe Sleeping Practices for Infants and Young Children

Thursday, March 18, 2010

Handout Materials

New York State Office of Children & Family Services

New York State
Office of Children and Family Services
and
PDP Distance Learning Project

SAFE SLEEPING PRACTICES
FOR INFANTS AND YOUNG CHILDREN

March 18, 2010
Teleconference

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HELPFUL TIPS TO KEEP YOUR BABY SAFE

Safe to Sleep

All babies need a place where it is safe to sleep. There are steps that parents and caretakers should take to make sure that it is "Safe to Sleep" when putting infants to bed, to prevent infant deaths from unsafe sleeping arrangements and to reduce the risk of Sudden Infant Death Syndrome (SIDS).

An increasing number of fatalities have been reported involving the sleeping arrangements of infants. These involved cases of infants sleeping alone in unsafe surroundings as well as infants sleeping with other persons.

SIDS is the sudden death of an infant under 1 year of age that remains unexplained after a complete investigation. SIDS is the leading cause of death in infants ages 1 month to 12 months.

The "safe to sleep" tips below can help keep your baby healthy and safe.

- Place your baby on his or her back to sleep, even for naps. "Back to Sleep" is the safest sleep position for your baby. Talk to all caregivers about safe sleep practices and the risk of SIDS.
- To further reduce the risk of SIDS, dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for a lightly dressed adult. Keep a smoke-free home for your baby, and consider offering a pacifier during naps and at bedtime.
- Place your baby to sleep in a child-safe crib with a firm mattress. Sofas, chairs, futons, and waterbeds are not safe places for a baby to sleep. Keep loose bedding and soft objects such as pillow, comforters and stuffed toys out of the baby's sleep environment. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness and safety.
- The American Academy of Pediatrics (AAP) recommends parents place the infant's crib or bassinet near their bed to allow for convenient parent/child contact and breastfeeding.
- Overtiredness may cause parents to fall asleep with their infant, only to have the baby slip beneath them or down into the chair or bed frame. The AAP advises parents who choose to feed their infant in bed to be aware of these risks.
- Bed sharing during sleep is not recommended, since it may increase the risk of the infant becoming caught in bedding or smothered during the shifting that may occur during sleep. Bed sharing is especially dangerous if the adult has used alcohol or drugs. It may cause deeper sleep that can lead to decreased awareness of the infant and the sleeping environment. Parents on medication are advised to read the prescription's warnings and directions carefully; if you have any questions, contact your health care provider.
- Some "tummy time" during awake hours is good for your baby. It helps to strengthen your baby's neck and shoulder muscles, and reduces the chance of flat spots developing on your baby's head.

New York State Office of Children & Family Services

NEW YORK STATE CHILDREN & FAMILY TRUST FUND
Strengthening New York's Families

healthy families new york

DOH STATE OF NEW YORK DEPARTMENT OF HEALTH

CONSEJOS PARA PROTEGER A SU BEBÉ

Seguridad al Dormir

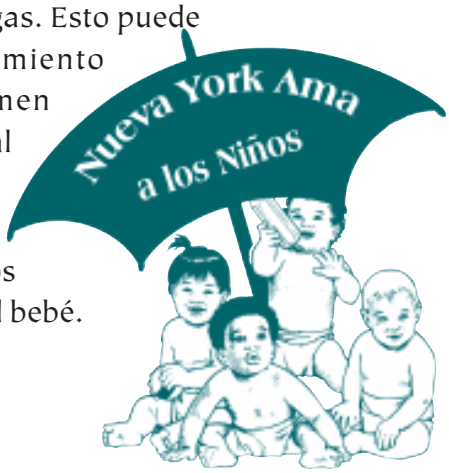
Todos los bebés necesitan un lugar seguro para dormir. Estos son los pasos que los padres y los proveedores de cuidado deben tomar para promover la seguridad de los bebés, previniendo así muertes ocasionadas por prácticas inseguras al dormir y reduciendo el riesgo del Síndrome de Muerte Súbita del Bebé (Sudden Infant Death Syndrome—SIDS).

Un mayor número de fallecimientos ha sido registrado en relación a prácticas de dormir con bebés. Estos casos han involucrado a bebés que durmieron solos en ambientes inseguros y a bebés que durmieron con otras personas.

SIDS es la muerte súbita de un bebé menor de un año de edad que no se puede explicar después de completarse una investigación. SIDS es la causa principal de muerte en bebés de un mes a 12 meses de edad.

Los consejos que le ofrecemos a continuación pueden ayudar a mantener a su bebé seguro y saludable.

- Ponga a dormir a su bebé boca arriba, incluso durante la siesta. La posición de boca arriba es la más segura para su bebé. Comparta información sobre prácticas seguras para dormir y cómo evitar el riesgo de SIDS con todos los proveedores de cuidado.
- Para reducir aún más el riesgo de SIDS, vista a su bebé con ropa liviana y mantenga la temperatura de su dormitorio a un nivel cómodo para un adulto(a) vestido con ropa liviana. No fume en su hogar, y considere ofrecerle un chupón o chupador a su bebé antes de la siesta y antes de dormir.
- Ponga a su bebé a dormir en una cuna segura sobre un colchón firme. Los sofás, las sillas y las camas de agua no son lugares seguros para poner a dormir a su bebé. Asegúrese de que la ropa de cama suelta y los objetos suaves, tales como almohadas, colchas y animales rellenos, no estén en el lugar donde duerma el bebé. Evite los productos que anuncien la reducción del riesgo de SIDS, debido a que la mayoría no ha sido aprobada por su eficacia y seguridad.
- La Academia Norteamericana de Pediatría (American Academy of Pediatrics—AAP) recomienda que los padres pongan a su bebé en la cuna o bacinete cerca de su cama para permitir un contacto conveniente con el niño(a) y facilitar el amamantamiento.
- El exceso de cansancio puede ocasionar que los padres se duerman con su bebé, corriendo el riesgo de que el bebé se deslice por debajo de ellos en una silla o se mueva hacia un lugar inseguro en la cama, entre el colchón y el marco de la cama. La AAP aconseja que los padres que decidan alimentar a su bebé en la cama estén conscientes de los riesgos de su decisión.
- No se recomienda compartir la cama con un bebé, ya que esto puede incrementar el riesgo de que el bebé quede atrapado entre las colchas o se asfixie durante el sueño. Es especialmente peligroso compartir la cama con un bebé si un adulto(a) ha bebido alcohol o ha usado drogas. Esto puede ocasionar un sueño profundo que puede minimizar el conocimiento subconsciente de la proximidad del bebé. Los padres que tomen medicamentos deben leer sus advertencias y direcciones, y contactar al proveedor de atención médica si tienen alguna pregunta.
- Es bueno que su bebé pase algunas horas echado sobre su barriguita durante el día. Esto ayudará a fortalecer los músculos del cuello y de los hombros, y reducirá la incidencia de superficies planas en la cabeza del bebé.



Oficina de Servicios para Niños y Familias del Estado de Nueva York

Pub. 5008-S (Rev. 06/08)

Other things you can do to keep babies safe:

- Offer a pacifier at nap time and at bedtime during the first year of life. For breastfed infants, offer the pacifier after one month of age to ensure that breastfeeding goes well.
- Make sure no one smokes in the home or around the baby.
- Avoid products that claim to keep the baby in a "safe" position: most of these have not been tested for safety; some can actually increase the risk of harm.
- Give the baby some supervised "tummy time" when she is awake. This helps develop the baby's muscles, and reduces the chances of flat spots on the head.
- **Share this "Safe Sleeping" information with everyone who takes care of the baby.**

For more information about keeping sleeping babies safer, contact:

New York State Office of Children & Family Services
800.345.KIDS (5437)
www.ocfs.state.ny.us

New York State Department of Health
www.nyhealth.gov

Growing Up Healthy Hotline
800.522.5006

Prevention Information Resource Center (PIRC) and Parent Helpline
800.342.PIRC (7472)

New York State Center for Sudden Infant Death
800.336.7437

New York State
Office of Children & Family Services
www.ocfs.state.ny.us

"…promoting the well-being and safety of our children, families and communities. …"

Pub. 5002 (Rev. 08/08)

Keeping Sleeping Babies Safer

New York Loves Safe Babies

A baby needs you when she is awake
and when she is ready to sleep.

Keeping Sleeping Babies Safer

As a caregiver, you know that keeping your baby safe is important. Your baby needs you when she is awake *and* when she is ready to sleep.

Every year across New York State, some babies die when sleeping in unsafe surroundings. You can reduce this danger by taking a few simple steps every time you put a baby down to sleep.

First, you should think about placing the baby's crib in your room near your bed. Sleeping close to your baby makes care easier, and can make breastfeeding more convenient.

Babies are safest when sleeping:

- on their backs
- alone in a safety-approved crib
- on a firm mattress
- without any soft items (such as pillows, comforters, or stuffed toys)
- with lightweight sleep clothing in a room that is a comfortable temperature for a lightly dressed adult

Babies are *not* safe when sleeping:

- on their tummies or sides
- on a pillow, waterbed, air mattress, bean bag or any other soft surface
- in a cushioned chair or recliner, or on a couch (a baby's head can get trapped)
- with blankets (instead, use lightweight sleep clothing, such as a one-piece sleeper)
- with another baby or child
- with an adult who:
  - is overly tired
  - is taking medication that can cause sleepiness
  - has been drinking alcohol or using drugs
  - is very overweight

These situations can be dangerous for a baby. The baby can suffocate, or get overheated, or roll off and be seriously hurt.

Otras cosas que puede hacer para proteger a su bebé:

- Ofrecerle un chupador o chupón antes de las siestas y antes de dormir, durante el primer año de su vida. Para bebés recién nacidos que están siendo amamantados, ofrezca el chupón después de un mes de edad, para asegurar que el amamantamiento continúe teniendo éxito.
- Asegúrese de que ninguna persona fume en el hogar o alrededor del bebé.
- Evite productos que aleguen mantener al niño(a) en una posición segura: la seguridad de la mayoría de estos objetos no ha sido comprobada; algunos incluso pueden aumentar el riesgo de peligro.
- Asegúrese de que su bebé pase tiempo sobre su estómago cuando esté despierto y bajo supervisión. Esta posición ayuda a que el bebé desarrolle músculos y reduce la posibilidad de ocasionar zonas aplanadas en su cabecita.
- **Comparta esta información sobre maneras de dormir con seguridad con cada persona que cuide a su bebé.**

Para más información acerca de la protección de su bebé, contacte:

Oficina de Servicios para Niños y Familias del Estado de Nueva York
800.345.KIDS (5437)
www.ocfs.state.ny.us

Departamento de Salud del Estado de Nueva York
www.nyhealth.gov

Línea de Información *Growing Up Healthy*
800.522.5006

Línea Informativa del Centro de Recursos de Información Preventiva
800.342.PIRC (7472)

Centro de Muerte Súbita del Bebé del Estado de Nueva York
800.336.7437

Oficina de Servicios para Niños y Familias del Estado de Nueva York
www.ocfs.state.ny.us

"…promoviendo el bienestar y la seguridad de nuestros niños, familias y comunidades. …"

Pub. 5002-S (Rev. 08/08)

Protegiendo a los bebés durante el sueño

Su bebé lo necesita cuando está despierto **y** cuando duerme.

Protegiendo a los bebés cuando duermen

Como proveedor(a) de cuidado, usted sabe que la seguridad de su bebé es lo más importante. Su bebé lo necesita cuando está despierto y antes de dormir.

Cada año en el estado de Nueva York algunos bebés fallecen durante el sueño cuando duermen en lugares inseguros. Usted puede reducir este peligro tomando precauciones simples antes de poner a su bebé a descansar.

Primeramente, considere colocar la cuna de su bebé en su dormitorio, cerca de su cama. Este paso facilitará la atención que usted tenga que darle a su bebé y será conveniente para amamantar a su bebé.

Los bebés están más seguros cuando duermen:

- de espaldas
- solos en una cuna que satisface los requisitos de seguridad
- sobre un colchón firme
- sin artículos suaves (tales como almohadas, colchas o juguetes rellenos)
- con ropa liviana de dormir en un ambiente cuya temperatura sea cómoda para un adulto(a) con vestimenta liviana

Los bebés no están seguros cuando duermen:

- sobre su estómago o de lado
- sobre una almohada, cama de agua, colchón de aire, saquito/sillón de frijoles u otra superficie suave
- una silla con cojines, una silla que se reclina, o en un sofá (la cabecita del bebé puede quedar atrapada)
- con cobijas o frazadas (en vez de éstas, use ropa liviana de un sola pieza para dormir)
- con otro bebé o niño(a)
- con un adulto(a) que:
  - esté muy cansado(a)
  - esté tomando medicamentos que puedan causar sueño
  - haya estado tomando bebidas alcohólicas o haya usado drogas
  - tenga exceso de sobrepeso

Estas situaciones pueden ser peligrosas para un bebé. El bebé puede ahogarse o sofocarse, su temperatura puede subir a niveles peligrosos, o el bebé puede voltearse, caerse y lastimarse seriamente.

All About Me!

My name: _____

My address: _____

_____

My phone number: _____

My date of birth: _____

When I Sleep

* Only place me on a firm mattress in my crib.
* Remove pillows, quilts, comforters, toys, and other soft products from my crib.
* Place me on my **back** for naps and bedtime.
* If I need a blanket, make sure it comes up no higher than my chest and is tucked under the mattress.
* Make sure my head and face are uncovered.
* At all times, provide me with a smoke-free environment.

When I Play

* Supervise me at all times.
* Place me on my tummy. It will help me strengthen my neck and shoulder muscles.
* My toys should be big enough that they do not fit into my mouth, nose, or ear.
* My toys should not have sharp edges, loose ribbons, strings, or removable parts.
* Remember, **no balloons!**

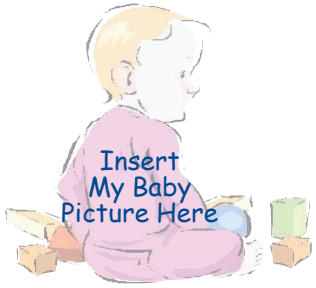
New York Loves Safe Babies

New York State Office of Children & Family Services

Pub. 5047 (Rep. 09/07)

Remember

NEVER EVER SHAKE ME!



My Day

Mealtime: _____

Naptime: _____

Playtime: _____

Allergies: _____

_____

Medications: _____

When I cry, check to see if I am:

* Wet
* Tired
* Hungry
* Too hot
* Too cold
* Have a fever
* Bored
* Lonely
* Scared
* Sprouting a tooth

It's OK to call my mom or dad if you're not sure what to do!

I Like:

* _____
* _____
* _____
* _____
* _____

I Don't Like:

* _____
* _____
* _____
* _____
* _____

NEW YORK STATE CHILDREN & FAMILY TRUST FUND
Strengthening New York's Families

healthy families new york

STATE OF NEW YORK DEPARTMENT OF HEALTH

All About My Baby Sitter!

Your name is: _____

Your address: _____

_____

Your phone number: _____

Things we should know about you:

_____

_____

_____

Messages:

_____

_____

_____

_____

_____

_____

Emergency Phone Numbers

My parent's name: _____

Phone: _____

Cell: _____

My neighbor's name: _____

Phone: _____

My doctor's name: _____

Phone: _____

Fire Station: _____

Poison Control: **1-800-222-1222**

Other: _____

Parent Helpline: **1-800-342-7472**

When in doubt, call 911.

Mis Datos

Me llamo: _____

Mi dirección es: _____

_____

Mi teléfono es: _____

Mi fecha de nacimiento es: _____

Cuando Duermo

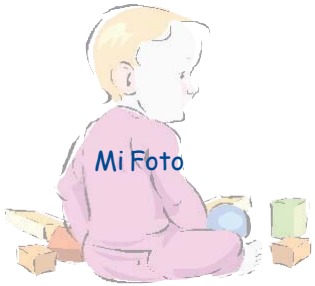
* Sólo colócame en mi cuna sobre un colchón firme.
* Retira almohadas, frazadas, juguetes y otros productos suaves de mi cuna.
* Colócame de espaldas cuando tome una siesta o me vaya a dormir.
* Si necesito una frazada, no me cubras por encima del pecho.
* Asegúrate de que mi cabeza y mi cara no estén cubiertas.
* Provéeme un ambiente libre de humo.

Cuando Juego

* Supervisa mis actividades todo el tiempo.
* Colócame de barriga. Me ayudará a reforzar mi cuello y los músculos de mis hombros.
* Mis juguetes deberían ser lo suficientemente grandes para no entrar en la boca, nariz u oreja.
* Mis juguetes no deberían tener ángulos o lados agudos, cintas o cuerdas flojas o partes removibles.
* Recuerda, no me des globos.

Recuerda

¡NUNCA ME SACUDAS!



Mi Día

Hora de Comida: _____

Hora de Dormir: _____

Hora de Jugar: _____

Alergias: _____

_____

Medicinas: _____

Cuando lloro, chequea para ver si estoy:

* Mojado(a)
* Cansado(a)
* Hambriento(a)
* Demasiado Caliente
* Demasiado Frío(a)
* Con fiebre
* Aburrido(a)
* Solo(a)
* Miedoso(a)
* Me sale un diente

Llama a mamá o papá si no sabes qué hacer

Me gusta:

* _____
* _____
* _____
* _____
* _____

No me gusta:

* _____
* _____
* _____
* _____
* _____

Datos Acerca de Mi Niñera

Su nombre es: _____

Su dirección es: _____

_____

Su número de teléfono es: _____

Lo que debemos de saber acerca de usted:

_____

_____

_____

Mensajes:

_____

_____

_____

_____

_____

_____

Números de Emergencia

Mi mamá se llama: _____

Mi papá se llama: _____

Teléfono: _____

Celular: _____

Mi vecino(a) se llama: _____

Teléfono: _____

Mi médico se llama: _____

Teléfono: _____

Estación de Bomberos: _____

Control de Envenenamiento: **1-800-222-1222**

Otro: _____

Línea para los Padres: **1-800-342-7472**

Si duda, llame al 911.

Nueva York Arma a los Niños

Oficina de Servicios para Niños y Familias del Estado de Nueva York

Pub. 5047S (Rep. 09/07)

NEW YORK STATE CHILDREN & FAMILY TRUST FUND
Strengthening New York's Families

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STATE OF NEW YORK DEPARTMENT OF HEALTH

New York Loves Safe Babies
Request for Publications

Quantity
(100 max.)

Helpful Tips to Keep Your Baby Safe *(English on Front/Spanish on Back)**

- ☐ **Shaken Baby Syndrome** (SBS) ..... _____
- ☐ **Sudden Infant Death Syndrome** (SIDS) ..... _____
- ☐ **Traumatic Brain Injury** (TBI) ..... _____
- ☐ **Safe To Sleep** ..... _____
- ☐ **Safe At Play** ..... _____
- ☐ **Never Leave Children Unattended In or Around Vehicles** ..... _____

**Arabic, Chinese, and Russian versions are available online at: www.ocfs.state.ny.us/main/publications/*

Brochures *(Spanish or English)*

- ☐ **Keeping Sleeping Babies Safer** (trifold) ..... _____
- ☐ **Babies Sleep Safest Alone** (trifold) … order copies at the following Web link: *http://www.ocfs.state.ny.us/main/babiessleepsafestalone/default.htm*

New York Loves Safe Babies DVD: "Helpful Strategies for Keeping Infants and Young Children Safe *(Spanish or English)*

- ☐ A 30-minute video that illustrates the devastating consequences of SIDS, TBI, and SBS, through the personal stories of three families ..... _____

Quantity
(25 max.)

Refrigerator Magnets

- ☐ When a baby doesn't stop crying ..... _____
  Tips for calming a crying baby *(English only)*
- ☐ Tell everyone you know to Never Shake a Baby ..... _____
  Picture Frame Magnet (Spanish or English)
- ☐ Back to Sleep, Safe to Sleep ..... _____
  Picture Frame Magnet (Spanish or English)

Quantity
(25 max.)

Personalized Safety Tips and Emergency Contact Sheet for Baby Sitters *(magnetic)*

- ☐ Provides resource information with Safety Tips for Babies, and space for emergency telephone numbers and messages (*Also available as tear-off pads, English on front, Spanish on back*) ..... _____

Mail Materials To:

Name: _____

Address: _____

_____

_____

Telephone: (_____) _____

Return Completed Form To:

NYS Children and Family Trust Fund
52 Washington Street – 331 North
Rensselaer, NY 12144
Attn: Judy Richards
Phone: (518) 474-9613 or
Fax to: 518-402-6824

(Rev. 11/08)

Nueva York Ama a los Niños
Solicitud de Publicaciones

Cantidad
(Límite de 100)

Consejos para Proteger a Su Bebé *(Inglés en el frente/Español en el reverso)**

- ☐ **El Síndrome del Bebé Sacudido** ..... _____
- ☐ **El Síndrome de Muerte Súbita del Infante** ..... _____
- ☐ **Lesiones Traumáticas en el Cerebro** ..... _____
- ☐ **Durmiendo con Seguridad** ..... _____
- ☐ **Jugando con Seguridad** ..... _____
- ☐ **Nunca Deje a Su Niño Desatendido Dentro o Alrededor de un Vehículo** _____

Panfletos* *(Español o Inglés)*

- ☐ **Protegiendo a los bebés durante el sueño** ..... _____
- ☐ **Los Bebés Duermen Más Seguros Solos** (trifold) … ordene copias en este enlace: *http://www.ocfs.state.ny.us/main/babiessleepsafestalone/default.htm*

**Versiones en Arabe, Chino y Ruso están disponibles en nuestra página Web: http://www.ocfs.state.ny.us*

Video de Nueva York Ama a los Niños (DVD): "Estrategias que Ayudan a Proteger la Seguridad de los Niños" *(Español o Inglés)*

- ☐ Un video de 30 minutos que ilustra las consecuencias devastadoras de SIDS, TBI y SBS, a través de narraciones personales de tres familias ..... _____

Cantidad
(Límite de 25)

Magnetos para Refrigeradores *(Español o Inglés)*

- ☐ When a baby can't stop crying *(texto en inglés)* ..... _____
  (Cuando un bebé no deja de llorar)
- ☐ Diga a todos que Nunca Sacudan a un Bebé ..... _____
- ☐ Seguridad al Dormir ..... _____

Hoja de Consejos de Seguridad Personalizados y Datos de Emergencia para Niñeras

Cantidad
(Límite de 25)

- ☐ Provee consejos de seguridad para niños y espacio para mensajes y números de teléfono de emergencia. Tambien está disponible en notas de calendario arrancables; inglés en el frente y español en el reverso ..... _____

. . . . . .

Envíe Mi Pedido a:

Nombre:_____

Dirección:_____

_____

_____

Teléfono: (_____) _____

Devuelva el Formulario Completado a:

NYS Children and Family Trust Fund
52 Washington Street – 331 North
Rensselaer, NY 12144
Atención: Judy Richards
Teléfono: (518) 474-9613 o
Facsímil: 518-402-6824

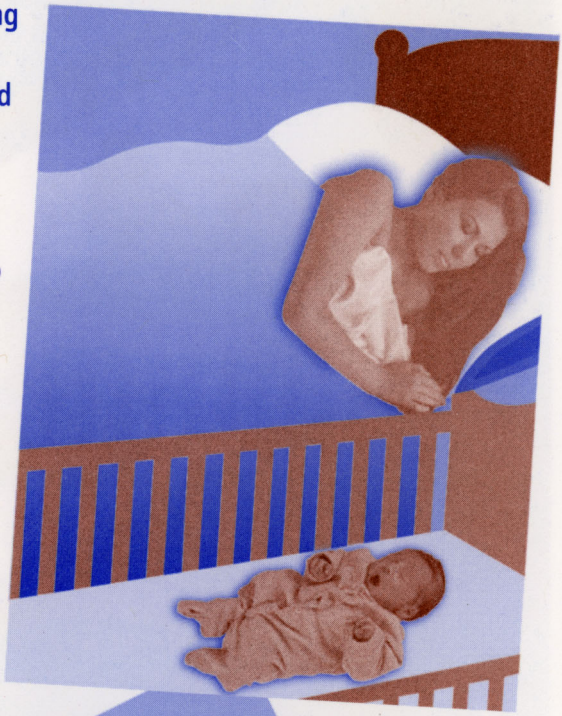
(Rev. 11/08)

Safe Sleep for Your Baby

Each year in New York State, babies die from Sudden Infant Death Syndrome (SIDS) and accidents during sleep. Take care of your baby by following these simple steps:

- Place your baby on his or her back to sleep, for naps and at night.
- Use a safety-approved crib with a firm mattress covered by a fitted sheet.
- Make sure blankets do not cover your baby's head. Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

- Remove pillows, quilts, sheepskins, bumpers, stuffed toys, and loose bedding from your baby's sleep area.
- Your baby is safest sleeping in a crib or bassinet near your bed. Your baby should not sleep in a bed or on a couch or armchair with adults or other children.
- Don't let your baby get too hot from wearing too many clothes or covers.
- Make sure no one smokes in your home or around your baby.
- Try using a pacifier when placing your infant to sleep but don't force the baby to take it. When breastfeeding, wait 1 month or until your baby has learned to breastfeed before trying a pacifier.
- Don't forget Tummy Time when your baby is awake and is being watched.
- Tell everyone who cares for your baby about these important safety tips!



FOR MORE INFORMATION, CALL

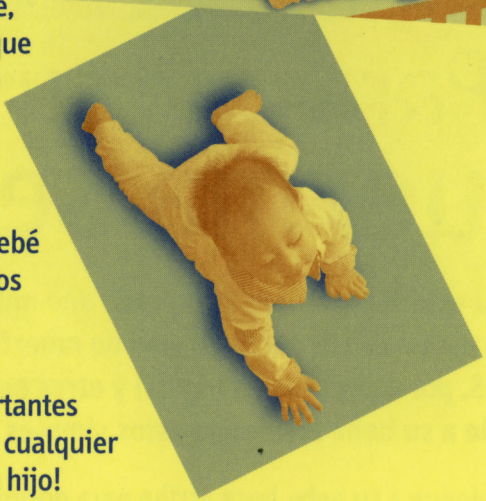
1-800-336-7437

Para que su bebé duerma seguro

En el estado de Nueva York, cada año mueren bebés mientras duermen a causa del Síndrome de muerte súbita infantil (SIDS, por sus siglas en inglés) y otros accidentes. Cuide a su bebé siguiendo estos simples pasos:

- Coloque a su bebé boca arriba para dormir, ya sea para siestas o durante la noche.
- Use una cuna de seguridad con un colchón firme cubierto con una sábana con elástico ajustado.
- Asegúrese de que las mantas no cubran la cabeza de su bebé. Use ropa para dormir, como pijamas enteros, en lugar de mantas.

- Quite del área en que duerme su bebé las almohadas, cobijas, pieles, chichoneras, muñecos de peluche y ropa de cama que no esté ajustada.
- Su bebé estará más seguro si duerme en una cuna o moisés cerca de su cama. Su bebé no debe dormir en una cama o sillón o sofá con adultos u otros niños.
- No deje que su bebé tenga mucho calor por usar demasiada ropa o cobertores.
- Asegúrese de que nadie fume en su casa ni cerca de su bebé.
- Intente usar un chupete cuando lleve a su bebé a dormir, pero no lo fuerce a usarlo si no quiere. Mientras esté amamantando a su bebé, espere un mes o hasta que su bebé haya aprendido a amamantarse antes de intentar que use un chupete.
- No olvide colocar a su bebé boca abajo por momentos cuando esté despierto y alguien pueda vigilarlo.
- ¡Comunique estos importantes consejos de seguridad a cualquier persona que cuide de su hijo!



PARA OBTENER MÁS INFORMACIÓN, LLAME AL

1-800-336-7437

STATE OF NEW YORK
DEPARTMENT OF HEALTH

Corning Tower The Governor Nelson A. Rockefeller Empire State Plaza Albany, New York 12237

Richard F. Daines, M.D.
Commissioner

Wendy E. Saunders
Executive Deputy Commissioner

Safe Sleep for Your Baby

The New York State Department of Health has updated the Safe Sleep information card which outlines measures to create a safe sleep environment, use pacifiers appropriately and supervise Tummy Time.

These guidelines are based on the American Academy of Pediatrics and *Back To Sleep* Campaign recommendations.

The cards are available free of charge in English and Spanish in quantities up to 200. To order, fill out the information below and fax to:

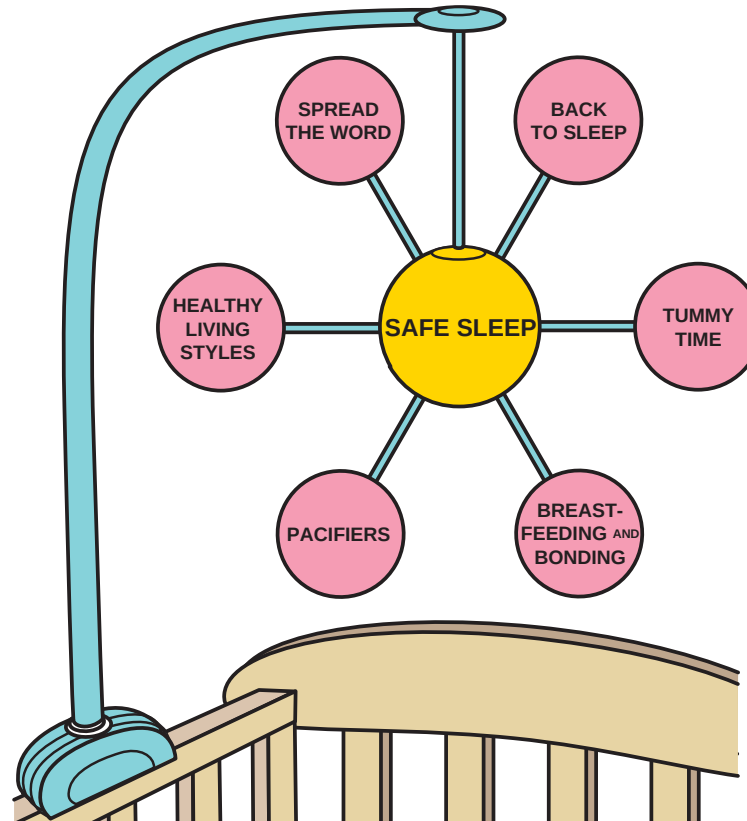
Safe Sleep for Your Baby Information Cards
New York State Health Department
FAX: 518-486-2361

For a sample card, call the New York State Center for Sudden Infant Death at 800-336-7437.

			CIRCLE QUANTITY			
Safe Sleep for Your Baby	English	#0577	25	50	100	200
Safe Sleep for Your Baby	Spanish	#0578	25	50	100	200
NAME:						
ORGANIZATION:						
STREET ADDRESS*:						
CITY/STATE/ZIP:						
PHONE:			DATE:			
*Orders cannot be shipped to P.O. Box numbers						

Sleep Safe, Grow Healthy

Tips to keep your baby safe from injury at night and during naps



Safe Sleep

The safest way for your baby to sleep is alone, on a firm mattress, in a safety-approved crib.

- **Keep pillows, quilts, heavy blankets, stuffed animals, bumpers and other soft objects out of the crib.**

SUGGEST:
- Consider using a sleep sack, warm pajamas, or a light blanket tucked into the foot of the crib.
- Don't use bumpers. They can suffocate your baby.
- Don't keep stuffed animals in the crib.

- **Don't share a bed with your baby.**
  - An adult's arm weighs enough to crush and suffocate a newborn.
  - Even a 30 pound one-year-old can crush and suffocate a newborn if they share the same bed.
  - This is especially dangerous if an adult sleeping in the same bed has been drinking or taking medication that causes drowsiness.

SUGGEST:
- Use a crib, bassinette or portable crib or Pack 'n Play.
- Keep the crib close to your bed.

- **Don't let your baby sleep on a couch or chair.**
  - Babies can get caught between sofa cushions and suffocate.

SUGGEST:
- Use a portable crib when visiting relatives and friends.

- **Use a safety approved crib and mattress.**
  - You baby's head can get caught between the crib's railings or between the mattress and the side of the crib.

SUGGEST:
- A safety-approved crib has all railings on the side, not too far apart from each other (a soda can can't fit through)
- The mattress should fit tightly in the crib. You can't fit more than two fingers between the mattress and the side of the crib.

Safe Sleep

The safest way for your baby to sleep is alone on a firm mattress in a crib.

Keep pillows, quilts, blankets, stuffed animals, bumpers and other objects out of the crib. Never place your baby to sleep on a sofa or sofa cushion couch, chair, stroller, foam pad, sheep-skin or waterbed. Keep your baby's face uncovered.

Back to Sleep

Always put your baby to sleep on his or her back.
This position can help reduce the likelihood of SIDS—Sudden Infant Death Syndrome.

- **SIDS is the sudden and unexplained death of a baby under one year of age. It usually happens unexpectedly while the baby is sleeping, and the family is not responsible.**
  - Putting babies to sleep on their backs has contributed to this decrease.
  - The side sleep position is not recommended. Babies can roll over on their stomachs, which increases the risk of SIDS.
  - Premature infants also should sleep on their backs.

SUGGEST:	• Babies should be placed to sleep on their backs, from the start.

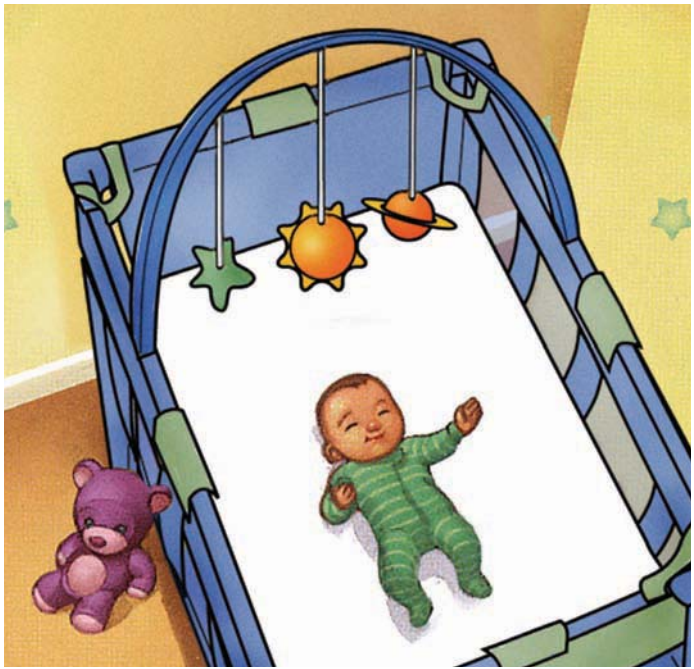
- **Concerns and suggestions about putting your baby to sleep on his or her back:**
  - Bald spots and flattened heads:
    - For most babies, this will go away after he or she learns to sit up on his or her own and hair grows back in.

SUGGEST:	• Change the direction your baby sleeps every few days. • Let your baby play on her stomach when she's awake.

  - Choking if your baby spits up or vomits:
    - Babies naturally cough up fluid and turn their heads when sleeping on their backs. The fluid will trickle down the side of their face.
    - No babies in NYC have died due to choking while sleeping on their backs.

- **Don't use wedges or other devices to help your baby sleep on his or her back.**

Back to Sleep



The easiest way to keep babies safe while sleeping is to lay them down on their backs.

This position can help reduce the likelihood of SIDS.

Tummy Time

Place your baby on her stomach when she's awake.
This will help strengthen your baby's neck, back and arm muscles.

- ▶ Start "tummy time" right away.

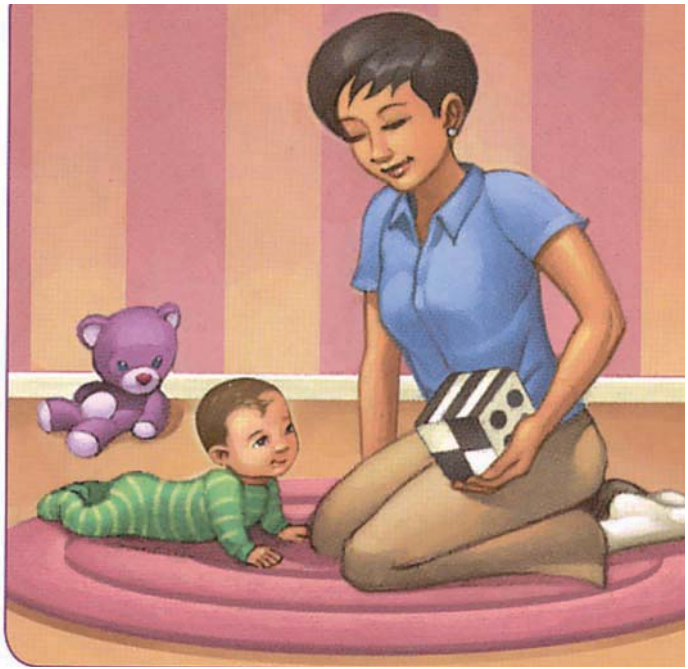
- ▶ Place your baby on her stomach, two to three times a day, when she's awake and someone is watching.

SUGGEST:
- Place a mat on the floor. Place your baby on his stomach on the mat when he's awake and someone is watching.

- ▶ "Tummy time" helps your baby practice lifting his head, which strengthens his upper body. Upper body strength is needed when your baby starts crawling.
- ▶ At about four months of age, your baby will have enough head control and neck strength to hold himself up.

SUGGEST:
- Place a toy or book just out of your baby's reach during "tummy time," so she can try to pull up to touch it.
- Let your other children play nearby during your baby's "tummy time."

Tummy Time



Have your baby spend time on his or her tummy while awake.

This helps to make a baby's neck, back and arm muscles strong and will also help when the baby is learning to sit up and crawl.

Breastfeeding and Bonding

Breast milk is the best food for your baby. It will help you and your baby feel close.

- Put your baby to sleep in a safety-approved crib close to your bed. This makes breast feeding easier. It also helps you bond with your baby.

- Put your baby to sleep on his or her back after nursing.

SUGGEST:

- Ask a family member or friend to help you arrange your room so your baby's crib is close to your bed.

Breastfeeding and Bonding

Breast milk is the best food for your baby, and it can help you and your baby feel close.

At bedtime, having your baby sleep in a crib by the side of your bed makes feeding easier and helps you bond with your baby.

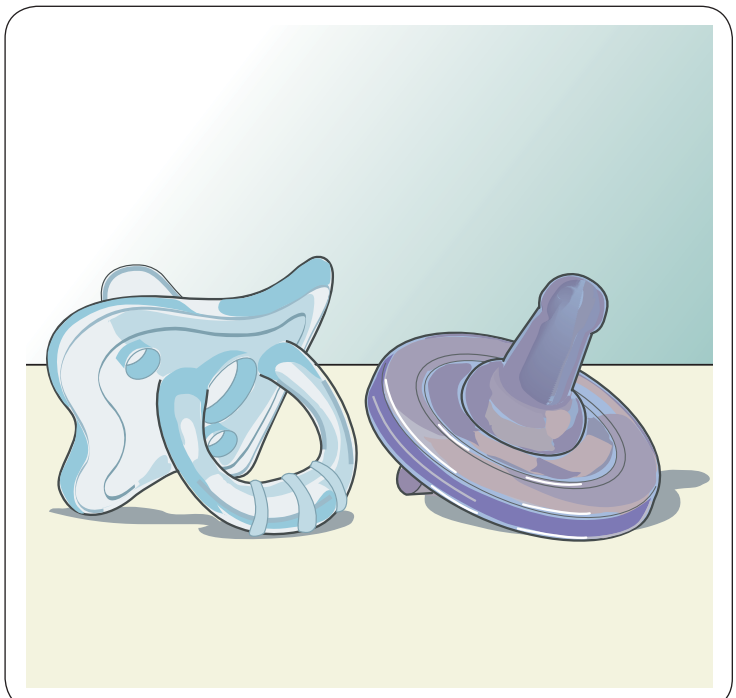
Pacifiers

Offer your baby a pacifier when placing him or her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.

- In recent national studies, pacifier use has decreased the risk of SIDS by 61%.
  - Offer your baby a pacifier when placing him or her down for sleep.
  - Don't force your baby to take it.
  - Use a one-piece pacifier that's clean and dry.
  - If you're breastfeeding, wait until your baby is one month of age before using one.
  - Don't use a pacifier once your child is one year of age.

SUGGEST:
- Don't use a pacifier with a string.
- Buy several safe pacifiers at a time. They won't get worn out as quickly.

Pacifiers



Use a pacifier when placing your baby on its back for sleep, but wait until the baby's first month to use a pacifier if you are breastfeeding your baby.

A one-piece pacifier is recommended. Be sure it is clean and dry. Never put sweet or sticky liquids on it. Babies should never be forced to take it.

Healthy Living for Baby and Family

Don't let anyone smoke, drink alcohol or use drugs around your baby.

- Don't let your baby share a bed with anyone who smokes, drinks alcohol or uses drugs.
  - Second-hand smoke raises the risk of SIDS and causes ear infections, asthma and many other health problems.
  - People who drink alcohol or use drugs may become drowsy. They may accidentally roll over on your baby.

Healthy Living for Baby and Family

Make sure no one smokes around your baby.

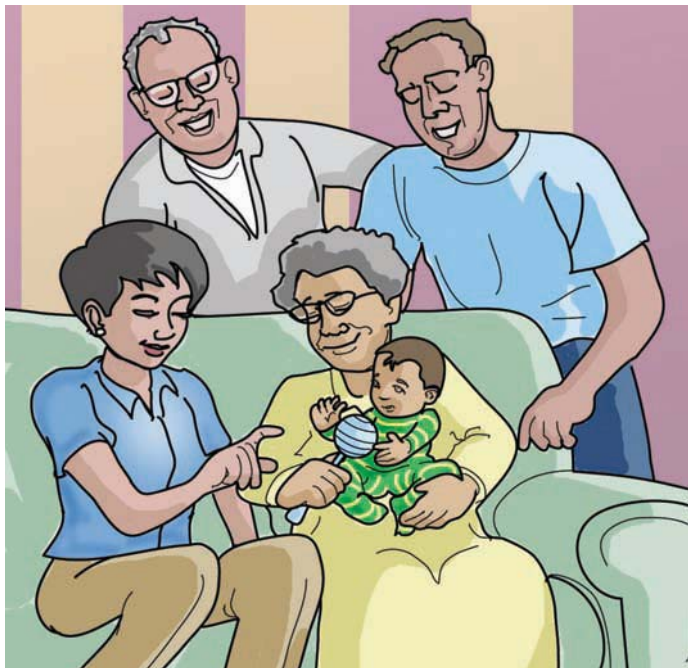
You also should never allow anyone who is drinking alcohol or is drowsy from medication to handle your baby because these substances reduce alertness and are not safe to take while caring for a baby.

Spread the Word

Share this information with everyone who takes care of your baby—
Grandparents, aunts, uncles, babysitters, friends.

- Make sure those who take care of your baby:
  - Always put your baby to sleep alone, on her back, in a safety-approved crib, with a firm mattress.
  - Don't smoke around your baby.
  - Place your baby on her stomach when she's awake and someone is watching.

Spread the Word



Share this information with everyone who takes care of your baby—grandparents, aunts, uncles, babysitters, friends—

and make sure everyone knows how to place a baby on its back for sleep, and about the dangers of soft bedding.

What's Wrong With This Picture?

- On stomach
- Stuffed animals
- Pillow
- Heavy blanket
- Mobile too low
- Slats too wide

What's wrong with this picture?

What's Wrong With This Picture?

- Not sleeping alone, on firm mattress
- Mother is tired and impaired from medicine/drugs
- Second-hand smoke

What's wrong with this picture?

Summing Up—What Have We Learned?

- Always put your baby to sleep alone, on his back, on a firm mattress, in a safety-approved crib.
- Place your baby on his or her stomach when he or she's awake and someone is watching.
- Breast milk is the best food for your baby. It will help you and your baby feel close.
- Offer your baby a pacifier when placing her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.
- Don't let anyone smoke around your baby.
- Share this information with everyone who takes care of your baby.

Summing Up: What have we learned?

SAFE SLEEP / **BACK TO SLEEP**

Always put your baby to sleep alone, on his back, on a firm mattress, in a safety-approved crib.

TUMMY TIME

Place your baby on his or her stomach when he or she is awake and someone is watching.

BREAST-FEEDING AND BONDING

Breast milk is the best food for your baby. It will help you and your baby feel close.

PACIFIERS

Offer your baby a pacifier when placing her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.

HEALTHY LIVING STYLES

Don't let anyone smoke around your baby.

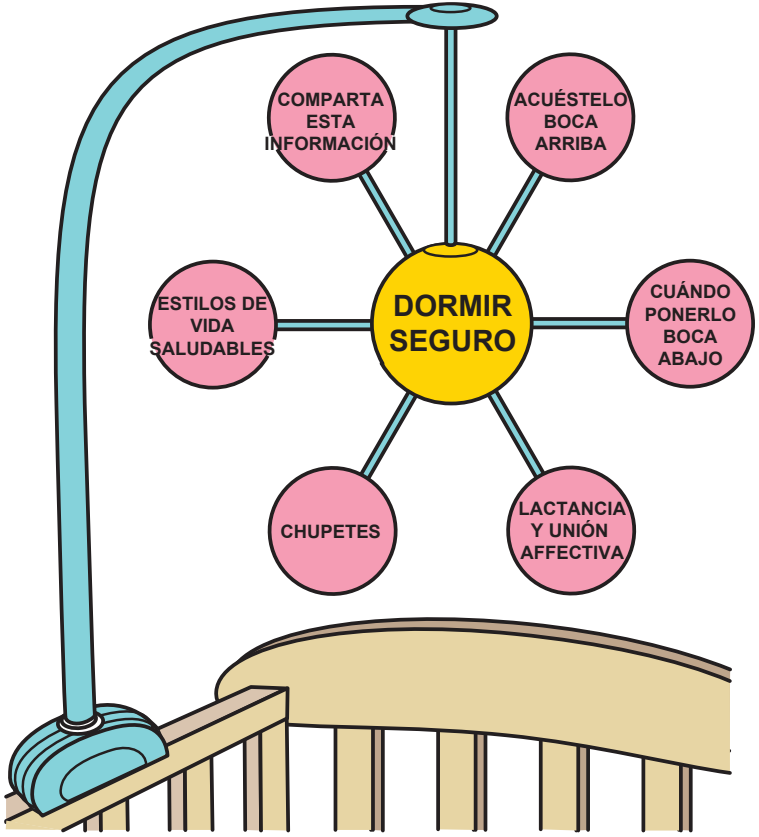
SPREAD THE WORD

Share this information with everyone who takes care of your baby.

NYC
Health
nyc.gov/health
NEW YORK CITY
DEPARTMENT
OF HEALTH AND
MENTAL HYGIENE

Dormir Seguro
Crecer Saludable

Consejos para mantener seguro a su bebé y libre de lesiones durante la noche y las siestas



Safe Sleep

The safest way for your baby to sleep is alone, on a firm mattress, in a safety-approved crib.

- **Keep pillows, quilts, heavy blankets, stuffed animals, bumpers and other soft objects out of the crib.**

SUGGEST:
- Consider using a sleep sack, warm pajamas, or a light blanket tucked into the foot of the crib.
- Don't use bumpers. They can suffocate your baby.
- Don't keep stuffed animals in the crib.

- **Don't share a bed with your baby.**
  - An adult's arm weighs enough to crush and suffocate a newborn.
  - Even a 30 pound one-year-old can crush and suffocate a newborn if they share the same bed.
  - This is especially dangerous if an adult sleeping in the same bed has been drinking or taking medication that causes drowsiness.

SUGGEST:
- Use a crib, bassinette or portable crib or Pack 'n Play.
- Keep the crib close to your bed.

- **Don't let your baby sleep on a couch or chair.**
  - Babies can get caught between sofa cushions and suffocate.

SUGGEST:
- Use a portable crib when visiting relatives and friends.

- **Use a safety approved crib and mattress.**
  - You baby's head can get caught between the crib's railings or between the mattress and the side of the crib.

SUGGEST:
- A safety-approved crib has all railings on the side, not too far apart from each other (a soda can can't fit through)
- The mattress should fit tightly in the crib. You can't fit more than two fingers between the mattress and the side of the crib.

Dormir seguro

La manera más segura de dormir para su bebé es solo, sobre un colchón firme en una cuna.

Mantenga las almohadas, colchas, mantas, peluches, protectores y otros objetos blandos fuera de la cuna. Nunca ponga a dormir a su bebé sobre un (sofá o almohadón de sofá) sillón, silla, cochecito, almohadilla de espuma, piel de carnero o cama con colchón de agua. Mantenga descubierto el rostro de su bebé.

Back to Sleep

Always put your baby to sleep on his or her back.
This position can help reduce the likelihood of SIDS—Sudden Infant Death Syndrome.

- **SIDS is the sudden and unexplained death of a baby under one year of age. It usually happens unexpectedly while the baby is sleeping, and the family is not responsible.**
  - Putting babies to sleep on their backs has contributed to this decrease.
  - The side sleep position is not recommended. Babies can roll over on their stomachs, which increases the risk of SIDS.
  - Premature infants also should sleep on their backs.

SUGGEST:	• Babies should be placed to sleep on their backs, from the start.

- **Concerns and suggestions about putting your baby to sleep on his or her back:**
  - Bald spots and flattened heads:
    - For most babies, this will go away after he or she learns to sit up on his or her own and hair grows back in.

SUGGEST:	• Change the direction your baby sleeps every few days. • Let your baby play on her stomach when she's awake.

  - Choking if your baby spits up or vomits:
    - Babies naturally cough up fluid and turn their heads when sleeping on their backs. The fluid will trickle down the side of their face.
    - No babies in NYC have died due to choking while sleeping on their backs.

- **Don't use wedges or other devices to help your baby sleep on his or her back.**

Acostarlo boca arriba

La manera más fácil de mantener seguros a los bebés mientras duermen es acostándolos boca arriba.

Esta posición puede ayudar a reducir la posibilidad de SIDS (Síndrome de Muerte Infantil Súbita).

Tummy Time

Place your baby on her stomach when she's awake.
This will help strengthen your baby's neck, back and arm muscles.

- ▶ Start "tummy time" right away.

- ▶ Place your baby on her stomach, two to three times a day, when she's awake and someone is watching.

SUGGEST:
- Place a mat on the floor. Place your baby on his stomach on the mat when he's awake and someone is watching.

- ▶ "Tummy time" helps your baby practice lifting his head, which strengthens his upper body. Upper body strength is needed when your baby starts crawling.
- ▶ At about four months of age, your baby will have enough head control and neck strength to hold himself up.

SUGGEST:
- Place a toy or book just out of your baby's reach during "tummy time," so she can try to pull up to touch it.
- Let your other children play nearby during your baby's "tummy time."

Cuándo ponerlo boca abajo

Haga que su bebé pase tiempo boca abajo mientras está despierto.

Esto ayuda a fortalecer los músculos del cuello, espalda y brazos del bebé y también ayudará cuando el bebé esté aprendiendo a sentarse y a gatear.

Breastfeeding and Bonding

Breast milk is the best food for your baby. It will help you and your baby feel close.

▶ Put your baby to sleep in a safety-approved crib close to your bed. This makes breast feeding easier. It also helps you bond with your baby.

▶ Put your baby to sleep on his or her back after nursing.

SUGGEST:

- Ask a family member or friend to help you arrange your room so your baby's crib is close to your bed.

Lactancia y unión afectiva

La leche materna es el mejor alimento para su bebé, y puede ayudar a que tanto usted como su bebé se sientan más unidos.

A la hora de dormir, el tener a su bebé durmiendo en una cuna al lado de su cama facilita la lactancia y ayuda a crear una unión afectiva con su bebé.

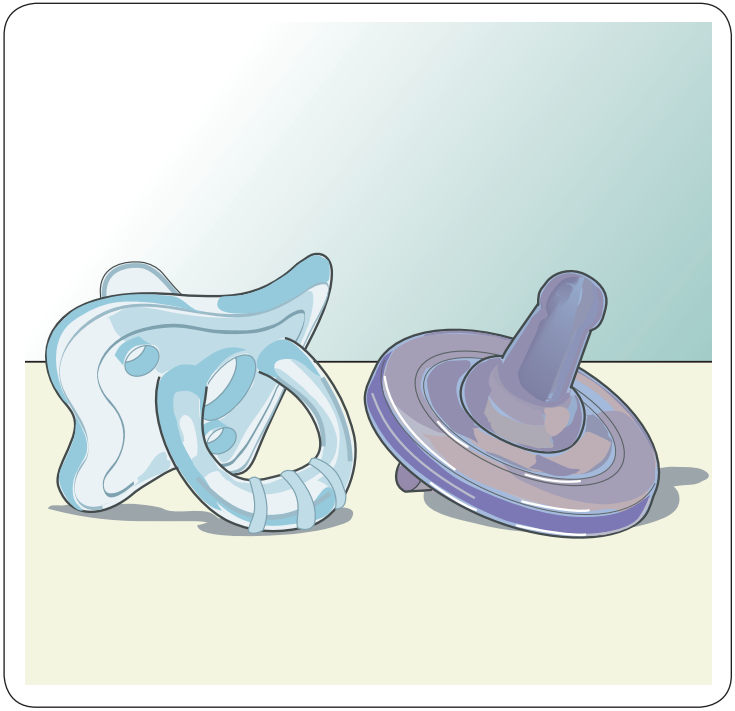
Pacifiers

Offer your baby a pacifier when placing him or her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.

- In recent national studies, pacifier use has decreased the risk of SIDS by 61%.
  - Offer your baby a pacifier when placing him or her down for sleep.
  - Don't force your baby to take it.
  - Use a one-piece pacifier that's clean and dry.
  - If you're breastfeeding, wait until your baby is one month of age before using one.
  - Don't use a pacifier once your child is one year of age.

SUGGEST:
- Don't use a pacifier with a string.
- Buy several safe pacifiers at a time. They won't get worn out as quickly.

Chupetes



Use un chupete cuando ponga a su bebé a dormir boca arriba, pero espere a que el bebé cumpla un mes para usarlo si le está amamantando.

Se recomienda el uso de chupetes de una sola pieza. Asegúrese que esté limpio y seco. Nunca lo moje con líquidos dulces o pegajosos. Los bebés nunca deben ser forzados a usarlo.

Healthy Living for Baby and Family

Don't let anyone smoke, drink alcohol or use drugs around your baby.

- Don't let your baby share a bed with anyone who smokes, drinks alcohol or uses drugs.
  - Second-hand smoke raises the risk of SIDS and causes ear infections, asthma and many other health problems.
  - People who drink alcohol or use drugs may become drowsy. They may accidentally roll over on your baby.

Estilos de vida saludables para el bebé y la familia

Asegúrese de que nadie fume cerca de su bebé.

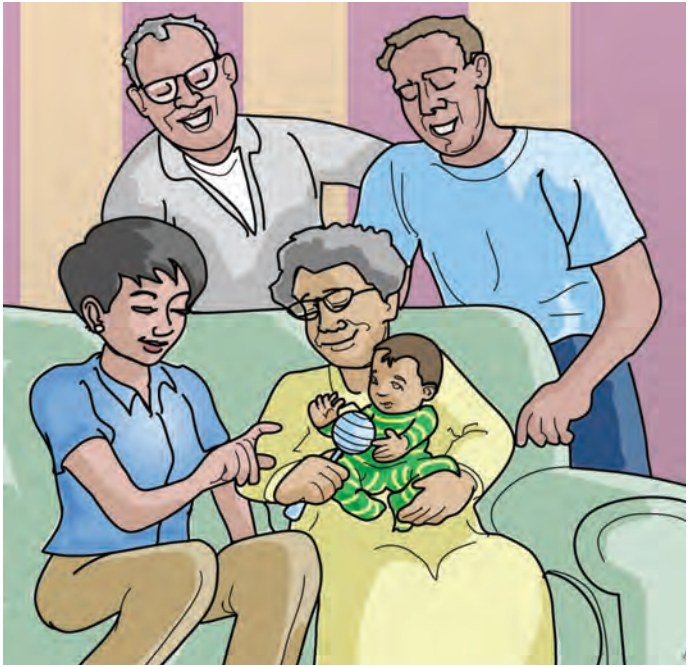
Tampoco debe permitir que nadie cargue a su bebé si ha bebido alcohol o está somnoliento debido a algún medicamento, ya que estas sustancias reducen el estado de alerta y no son seguras cuando se está cuidando a un bebé.

Spread the Word

Share this information with everyone who takes care of your baby—
Grandparents, aunts, uncles, babysitters, friends.

- Make sure those who take care of your baby:
  - Always put your baby to sleep alone, on her back, in a safety-approved crib, with a firm mattress.
  - Don't smoke around your baby.
  - Place your baby on her stomach when she's awake and someone is watching.

Comparta esta información



Comparta esta información con todas las personas que cuiden a su bebé—

abuelos, tías, tíos, niñeras, amigos y asegúrese que todos sepan cómo colocar al bebé boca arriba para dormir, y que conozcan los peligros de la ropa de cama blanda.

What's Wrong With This Picture?

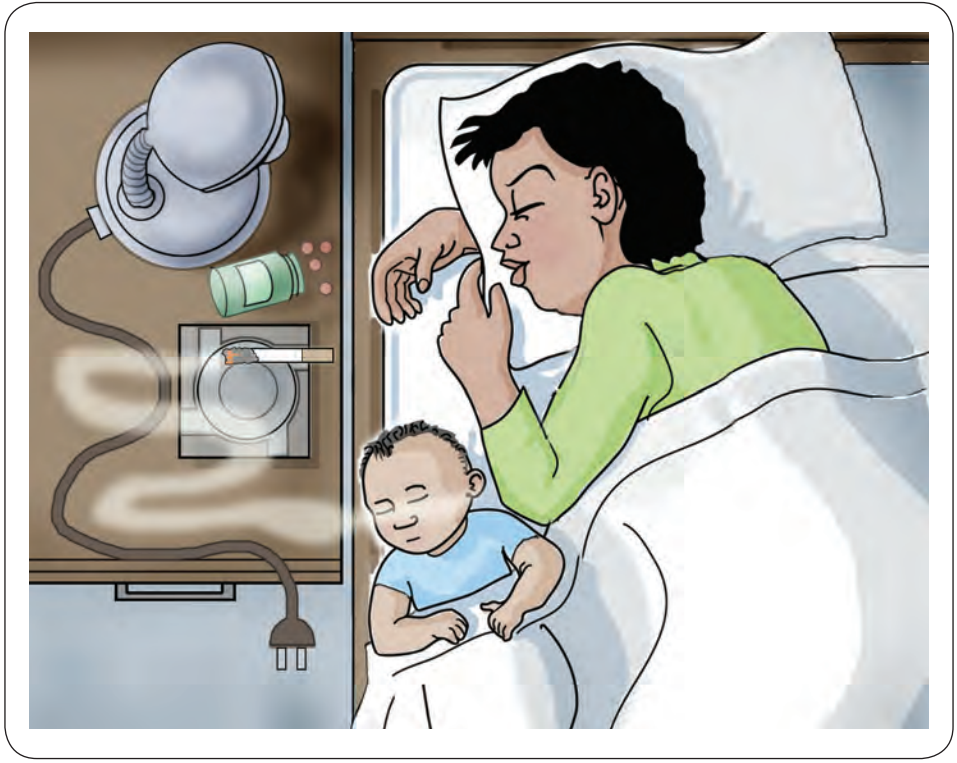
- On stomach
- Stuffed animals
- Pillow
- Heavy blanket
- Mobile too low
- Slats too wide

¿Qué está mal en esta imagen?

What's Wrong With This Picture?

- Not sleeping alone, on firm mattress
- Mother is tired and impaired from medicine/drugs
- Second-hand smoke

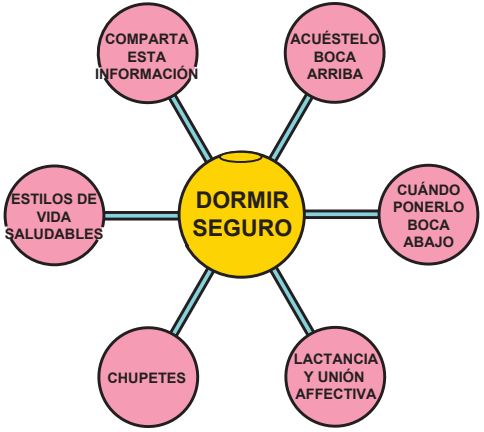
¿Qué está mal en esta imagen?



Summing Up—What Have We Learned?

- Always put your baby to sleep alone, on his back, on a firm mattress, in a safety-approved crib.
- Place your baby on his or her stomach when he or she's awake and someone is watching.
- Breast milk is the best food for your baby. It will help you and your baby feel close.
- Offer your baby a pacifier when placing her down for sleep. If you're breastfeeding, wait until your baby is one month of age before using one.
- Don't let anyone smoke around your baby.
- Share this information with everyone who takes care of your baby.

En resumen: ¿Qué hemos aprendido?



DORMIR SEGURO / **ACUÉSTELO BOCA ARRIBA**

La manera más segura de dormir para su bebé es solo, sobre un colchón firme en una cuna.

CUÁNDO PONERLO BOCA ABAJO

Haga que su bebé pase tiempo boca abajo mientras está despierto.

LACTANCIA Y UNIÓN AFFECTIVA

La leche materna es el mejor alimento para su bebé, y puede ayudar a que tanto usted como su bebé se sientan más unidos.

CHUPETES

Use un chupete cuando ponga a su bebé a dormir, pero espere a que el bebé cumpla un mes para usarlo si le está amamantando.

ESTILOS DE VIDA SALUDABLES

Asegúrese que nadie fume cerca de su bebé.

COMPARTA ESTA INFORMACIÓN

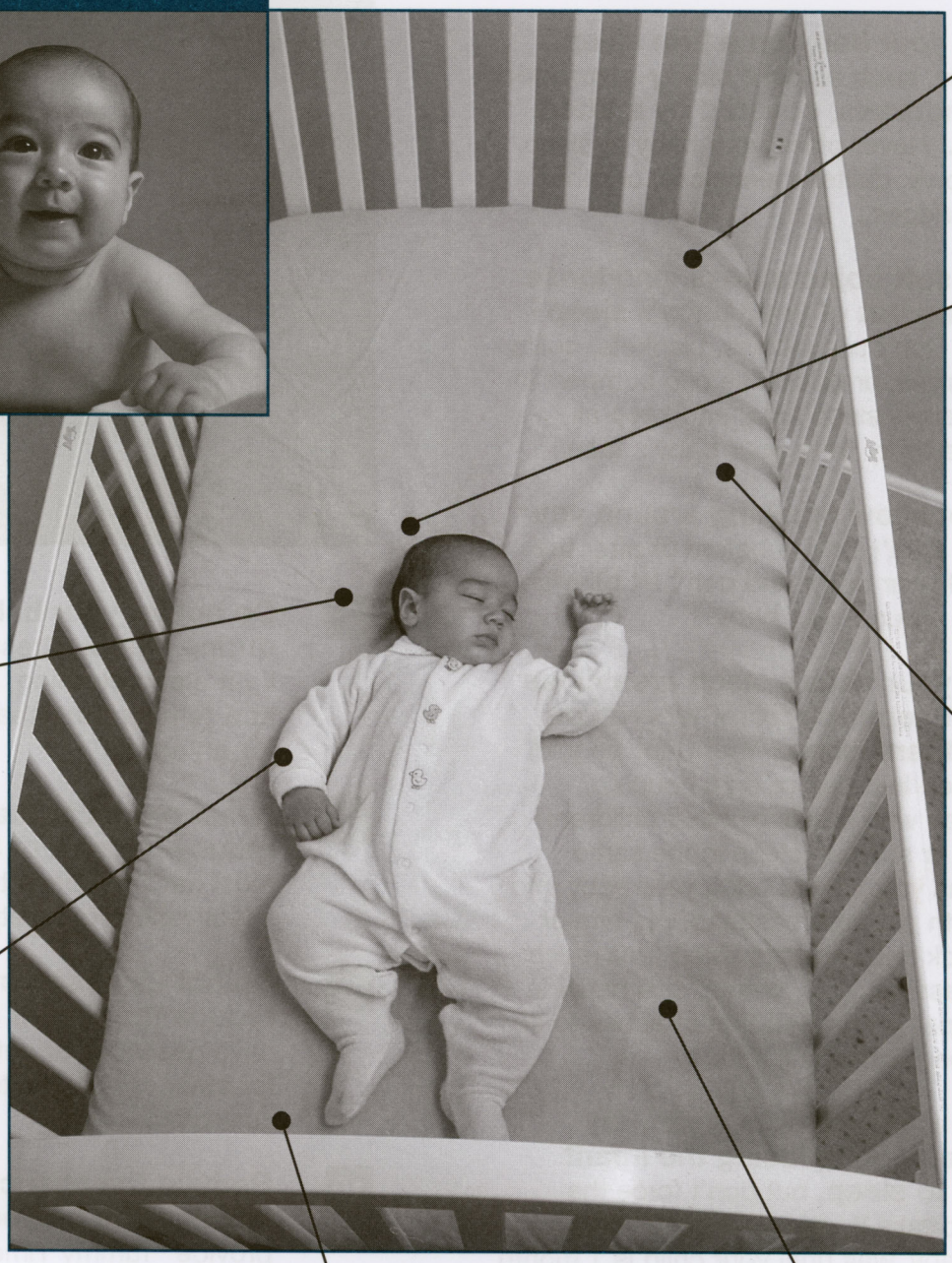
Comparta esta información con todas las personas que cuiden a su bebé.

What does a safe sleep environment look like?

Lower the risk of sudden infant death syndrome (SIDS).

Don't forget Tummy Time when the baby is awake and is being watched.

Use a firm mattress in a safety-approved* crib covered by a fitted sheet.



Make sure nothing covers the baby's head.

Place your baby on his or her back to sleep for naps and at night.

Do not use pillows, blankets, sheepskins, or pillow-like bumpers in your baby's sleep area.

Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

Do not let anyone smoke near your baby.

Keep soft objects, stuffed toys, and loose bedding out of your baby's sleep area.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Institute of Child Health and Human Development

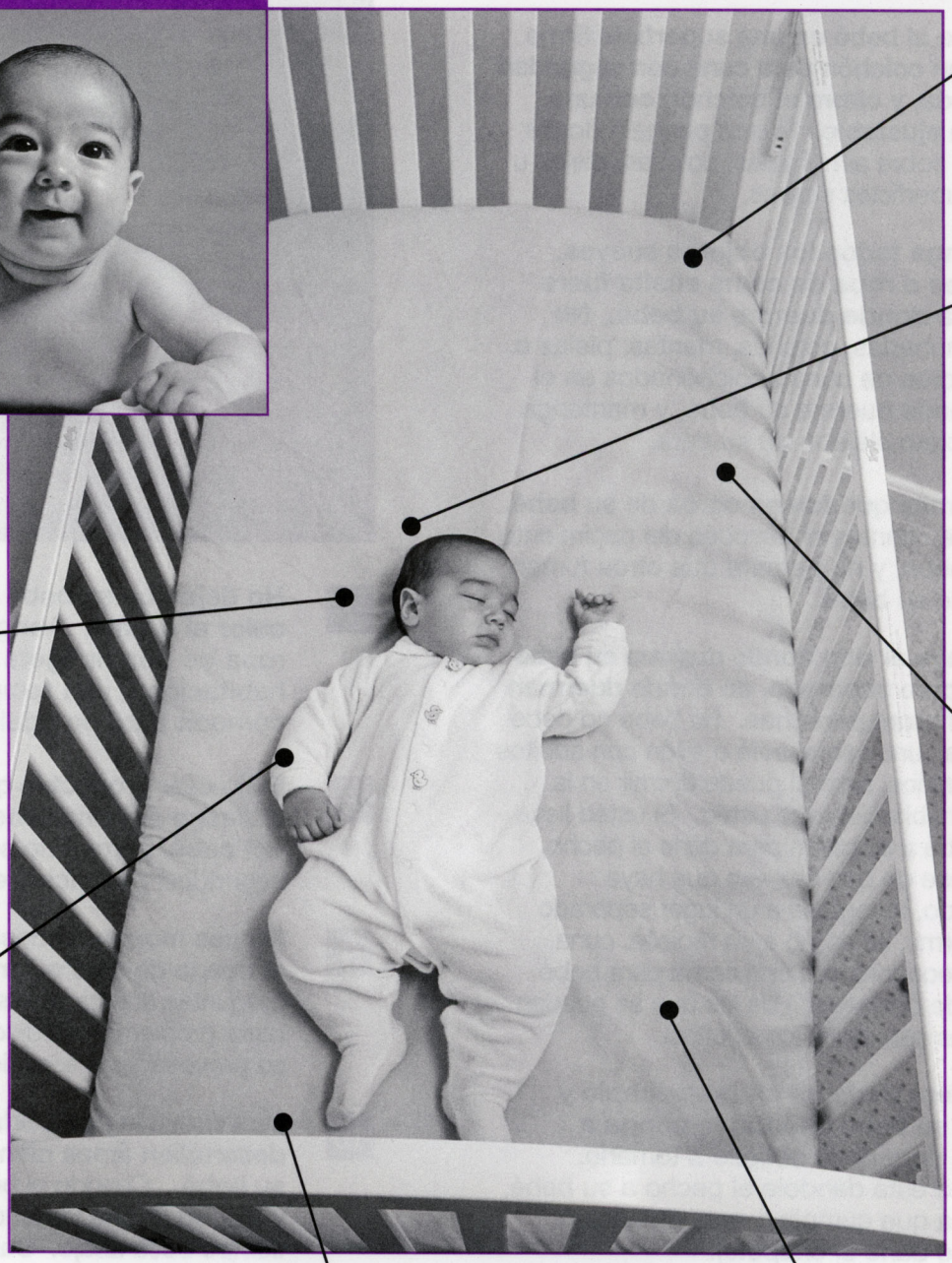
*For more information on crib safety guidlines, call the Consumer Product Safety Commission at 1-800-638-2772 or visit their Web site at http://www.cpsc.gov.

over

¿Cuál es la apariencia de un ambiente seguro para dormir?

Reduzca el riesgo del síndrome de muerte súbita del bebé (SIDS, por sus siglas en inglés)

No olvide que su bebé también necesita estar boca abajo; póngalo sobre su barriguita cuando esté despierto y alguien lo esté vigilando.



Use un colchón firme para cuna con seguridad aprobada,* y cubra el colchón con una sábana ajustable.

Asegúrese que ningún objeto cubra la cabeza del bebé.

Tanto para las siestas como por la noche, ponga a su bebé a dormir boca arriba.

No use almohadas, colchas, pieles o protectores de cuna acolchonados en el área donde duerme el bebé.

Póngale ropa para dormir, como mamelucos o pijamas de una sola pieza, en vez de usar una colcha.

No permita que fumen cerca de su bebé.

Mantenga todos los objetos suaves, juguetes, muñecos de peluche y ropa de cama suelta fuera del área donde duerme su bebé.

DEPARTAMENTO DE SALUD Y SERVICIOS HUMANOS DE LOS ESTADOS UNIDOS
Institutos Nacionales de la Salud
El Instituto Nacional de Salud Infantil y Desarrollo Humano *Eunice Kennedy Shriver*

*Para obtener más información sobre la seguridad de las cunas, llame gratis a la Comisión de Seguridad de Productos del Consumidor al 1-800-638-2772 (Atención en español o en inglés) o visite su página electrónica al http://www.cpsc.gov.

Safe Sleep for Your Baby

The Safe Sleep Top 10

1. **Always place your baby on his or her back to sleep, for naps and at night.** The back sleep position is the safest, and every sleep time counts.

2. **Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet.** Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.

3. **Keep soft objects, toys, and loose bedding out of your baby's sleep area.** Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your baby's sleep area, and keep all objects away from your baby's face.

4. **Do not allow smoking around your baby.** Don't smoke before or after the birth of your baby, and don't let others smoke around your baby.

5. **Keep your baby's sleep area close to, but separate from, where you and others sleep.** Your baby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you bring your baby into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside cosleeper (infant bed that attaches to an adult bed) when finished.

6. **Think about using a clean, dry pacifier when placing the infant down to sleep,** but don't force the baby to take it. (If you are breastfeeding your baby, wait until your child is 1 month old or is used to breastfeeding before using a pacifier.)

Remember Tummy Time!

Place babies on their stomachs when they are awake and someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

7. **Do not let your baby overheat during sleep.** Dress your baby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.

8. **Avoid products that claim to reduce the risk of SIDS** because most have not been tested for effectiveness or safety.

9. **Do not use home monitors to reduce the risk of SIDS.** If you have questions about using monitors for other conditions talk to your health care provider.

10. **Reduce the chance that flat spots will develop on your baby's head:** provide "Tummy Time" when your baby is awake and someone is watching; change the direction that your baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.

BACK TO SLEEP

For more information about SIDS and the *Back to Sleep* Campaign:
Mail: 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425
Phone: 1-800-505-CRIB (2742)
Fax: (301) 496-7101
Internet: http://www.nichd.nih.gov/sids

National Institute of Child Health and Human Development (NICHD)
NIH Pub. No. 06-5759
January 2006

Ponga a su bebé a dormir sin peligro

Las diez maneras más importantes para que su bebé duerma sin peligro:

1 **Tanto para las siestas como por la noche, siempre ponga a su bebé a dormir boca arriba.** Esta posición es la más segura, en cualquier momento en que el bebé duerma.

2 **Acueste al bebé en una superficie firme como un colchón para cuna con seguridad aprobada, y cubra el colchón con una sábana ajustable.** Nunca ponga a dormir al bebé sobre almohadas, colchas, pieles u otras superficies suaves.

3 **Mantenga todos los objetos suaves, juguetes o ropa de cama suelta fuera del área donde duerme su bebé.** No use almohadas, colchas, mantas, pieles o protectores de cuna acolchonados en el área donde duerme su bebé, y mantenga todo objeto alejado de su cara.

4 **No permita que fumen cerca de su bebé.** No fume ni antes ni después del nacimiento de su bebé, y no permita que otros fumen cerca de su bebé.

5 **Mantenga el sitio donde duerme su bebé cerca, pero separado, de donde duerman usted u otras personas.** Su bebé no debe dormir en una cama, sofá o sillón con adultos u otros niños, pero sí puede dormir en la misma habitación que usted. Si usted lleva a su bebé a su cama para darle el pecho, asegúrese de que una vez que haya terminado, lo regrese a un lugar separado para dormir, tal como a un moisés, cuna, cuna-mecedora, o a una cama para bebé ("bedside cosleeper") de las que se pueden unir a las camas de los adultos.

6 **Considere darle un chupete limpio y seco a su bebé cuando lo ponga a dormir,** pero no lo obligue a tomarlo. (Si usted está dándole el pecho a su bebé, espere a que cumpla 1 mes de nacido antes de darle el chupete).

¡Su bebé también necesita estar boca abajo!

Ponga a su bebé sobre su barriguita cuando esté despierto y alguien lo esté vigilando. El estar boca abajo ayuda a fortalecer los músculos del cuello, los hombros y la cabeza de su bebé y previene la formación de áreas planas en su cabeza.

7 **No deje que su bebé tenga demasiado calor al dormir.** Abrigue al bebé con ropa de dormir ligera y mantenga la habitación a una temperatura que sea cómoda para un adulto.

8 **Evite usar productos que aseguran reducir el riesgo del síndrome de muerte súbita del bebé,** porque no se ha comprobado la seguridad y eficacia de la mayoría de ellos.

9 **No use monitores caseros para reducir el riesgo de este síndrome.** Si tiene preguntas acerca del uso de monitores para otros problemas médicos, hable primero con su proveedor de servicios de la salud.

10 **Disminuya la posibilidad de que se desarrollen áreas planas en la cabeza de su bebé.** Cuando el bebé esté despierto y alguien lo esté vigilando, déjelo pasar un tiempo boca abajo. Cambie la posición en la que su bebé descansa en la cuna de una semana a otra, y evite que su bebé permanezca mucho tiempo en asientos para el carro, coches, cargadores o brincadores infantiles.

El NICHD desea agradecer a Maria Eugenia Kyburz por su valiosa ayuda en la revisión de esta publicación.

BACK TO SLEEP®

Para obtener más información acerca del síndrome de muerte súbita del bebé y la Campaña Dormir Boca Arriba comuníquese con:
Dirección: 31 Center Drive 31/2A32, Bethesda, MD 20892-2425
Teléfono: 1-800-505-CRIB (1-800-505-2742)
Fax: (301) 496-7101
Página electrónica: http://www.nichd.nih.gov/sids

Eunice Kennedy Shriver NICHD National Institute of Child Health & Human Development

El Instituto Nacional de Salud Infantil y Desarrollo Humano *Eunice Kennedy Shriver* (NICHD)
NIH Pub. No. 06-5759(S)
Enero 2006

Back to Sleep Campaign

Free Materials Order Form

0316 0317 0318

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0336

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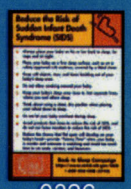
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Item Description	Item No.	Quantity
***Safe Sleep for Your Baby: Reduce the Risk of SIDS* Brochure** This 8-panel brochure defines SIDS and explains ways to reduce the risk. For all caregivers. (2005)	General Outreach: 0316 African American Outreach: 0317 En Español: 0318	
***Safe Sleep for My Grandbaby: Reduce the Risk of SIDS* Brochure** This 8-panel brochure explains how grandparents can reduce the risk of SIDS when caring for their grandchildren. (2005)	0336	
***Safe Sleep for Your Baby: What does a Safe Sleep Environment Look Like?* Tearpad** Single-page information sheet explains ways to reduce the risk of SIDS and shows a safe sleep environment. Each tearpad has 50 sheets. (2005)	0320	
***Pongo a su Bebé Dormir sin Peligros: ¿Cuál es la apariencia de un ambiente seguro para dormir?* (En Español)** Single-page Spanish-language information sheet explains ways to reduce the risk of SIDS and shows a safe sleep environment. Each tearpad has 50 sheets. (2005)	0319	
Babies Sleep Safest on Their Backs: A Resource Kit for Reducing SIDS in African American Communities Includes materials for community-based training sessions, 15-, 30-, and 60-minute training modules, background material on SIDS, resources, 10 brochures, 5 magnets, and 5 door hangers. Limit 1. (2000/Insert 2005)	0170	
***Reduce the Risk of SIDS* Refrigerator Magnet** 4 inch x 6 inch; lists ways to reduce the risk of SIDS. (2005)	0326	
***Infant Sleep Position and SIDS: Questions and Answers for Health Care Professionals* Booklet** This 12-page booklet answers frequently asked questions about SIDS, ways to reduce the risk of SIDS, safe sleep environment, and research on SIDS. For health care providers. (2003)	0157	
***Back to Sleep* Logo Sticker** 3 inch x 3 inch (2003)	English: 0159 En Español: 0269	
***Please Put Me on My Back to Sleep* Door Hangers** Front illustrates safe sleep environment; back lists ways to reduce the risk of SIDS. (2005)	General Outreach: 0323 African American Outreach: 0324 En Español: 0325	
***Back to Sleep* Order Form** This single-page sheet lists and describes all of the *Back to Sleep* campaign materials available for order. (2006)	0327	

To Order Free Materials:

Phone: 1-800-505-CRIB (2742) **FAX:** (301) 984-1473
Mail: P.O. Box 3006, Rockville, MD 20847 **Internet:** http://www.nichd.nih.gov/SIDS
E-mail: NICHDInformationResourceCenter@mail.nih.gov

Name:

Organization/Title:

Mailing Address 1:

City, State, ZIP:

Telephone:

E-mail:

The Back to Sleep campaign is coordinated by the National Institute of Child Health and Human Development (NICHD), part of the National Institutes of Health, within the U.S. Department of Health and Human Services.

April 2006

Baby Safety Begins with You!

Back to Sleep & Clutter Free

No Blankets
No Bumpers
No Pillows

Just Baby!

In a crib, near your bed.

For more information call 631-444-3690 or 1-800-336-7437

New York Center for Sudden Infant Death

La Seguridad del Bebe Comienza Contigo!

Boca Arriba

Sin sabanas
Sin protectores de cuna acolchonados
Sin almohadas

Solo el Bebe!

En la cuna, cerca de tu cama

Distribuido por
Centro de Muerte Súbita del Infante
del Estado de Nueva York

New York State Center
for Sudden Infant Death

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Health Sciences Center
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Phone: 315-424-0009, ext. 108
Fax: 315-478-1981

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Department of Pediatrics, MC88/A616
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Albany, NY 12208
Phone: 518-262-5918
Fax: 518-262-7237

New York City
Public Health Solutions, Inc.
520 First Avenue, Room 117
New York, NY 10016
Phone: 212-447-2328
Fax: 212-447-6153

Western New York
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Cheektowaga, NY 14227
Phone: 716-837-5189
Fax: 716-836-1578

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STATE UNIVERSITY OF NEW YORK
STONY BROOK
HEALTH SCIENCES CENTER

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New York State Center
for Sudden Infant Death

Help for Families and Communities

The death of a baby is a devastating experience for every family. When a baby dies, the future is affected, lives are forever changed and hopes and dreams are shattered. The pain is compounded by endless self-searching questions, feelings of helplessness, anger and guilt.

Many parents seek help in their time of crisis and search for answers to their many questions. Grieving grandparents, foster parents, siblings, childcare providers, family members and friends want to know how to cope with this tragedy.

Faced with intense and confusing feelings, families need to know that they are not alone in their loss, and that information, guidance and support are available from those who care and understand their pain.

Help For Families

The New York State Center for Sudden Infant Death provides comprehensive professional support to families whose infants die suddenly and unexpectedly of any cause. The Center offers educational programs to professionals and the community at large to increase public awareness and knowledge about Sudden Infant Death Syndrome, infant mortality and risk reduction methods. The Center coordinates statewide services from a main office at Stony Brook University and from satellite offices serving Eastern, Central and Western New York and New York City.

Family Service Programs

- **Bereavement counseling offered by telephone, office and home visits**
- **Bereavement support groups**
- **Parent-to-parent contacts**
- **Literature and referrals**

Home visits are offered to newly bereaved parents. A specially trained public health nurse or social worker can meet with family members in the privacy of their home to offer bereavement support, answer health-related questions and share information about local resources.

Help For Communities

The New York State Center for Sudden Infant Death coordinates a statewide network of concerned professionals and community members reaching out to help families after a sudden infant death.

Education and Consultation

Educational programs are presented throughout the state to sensitize professionals and the community to the needs of bereaved families. Specialized programs for healthcare professionals, law enforcement officers, emergency medical personnel, funeral directors, clergy, physicians, nurses and social workers stress culturally sensitive, family-centered services.

Consultation services are available to professionals and community members seeking help for bereaved families. The Center provides assistance with family crisis intervention and referral to local bereavement support resources.

The Center coordinates the training and supervision of peers who volunteer to help newly bereaved families. Information and referral to bereavement support groups or other specialized services is also available.

Questions I Have

Name: _____ Daytime Phone: (_____)_____

E-mail address: _____

Site Location: _____

Question(s): _____

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- Fax this form to: (518)-408-3840