

# SAFER SLEEP

Reviewed: December, 2022

**Congratulations on giving birth to your wonderful baby!**

We know that you and other family members want what is best for your baby!

Remember: it is okay to have questions about how to take care of your baby!



## Here are some very important steps to keep your baby safer:

- 1** Always place the baby on the back to sleep. Back sleeping is the safest sleeping position for babies under year one.
- 2** Close but separate - Keep your baby's sleep area close to you but separate from where you and others sleep.
- 3** Firm mattress and alone – remove all soft surfaces, including toys, pillows, blankets, and wedges from the crib. Please ask others not to place any loose items in the baby's crib.

### Why do we ask you and other caretakers to remember these points?

Because **infant sleep-related deaths is the leading cause of deaths in an infant before one year old.** The term we use to describe these are sudden and unexpected deaths is called **Sudden Unexpected Infant Death** or **SUIDS**. These deaths **happen while the baby is asleep or is in their sleeping area.**

**Sudden Infant Death Syndrome** or SIDS is one type of Sudden Unexpected Infant Death (SUID), SUID includes accidental suffocation in a sleeping environment and other sleep related deaths from unknown causes.

### How to keep my baby safe?

Take our BLACK Safer Infant Sleep training and learn more about prevention and risk factors.

### What to do if you do not have a crib?

We might be able assist you – **contact us at [info@black-enterprises.com](mailto:info@black-enterprises.com) or complete the intake form:**

