Safe Sleep for Baby
L.A. County Infant Safe Sleeping Campaign

Sponsored through a partnership between the Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN) and First 5 LA.

Your Training Tool Kit Includes:

Training DVD
A Space of My Own: Reducing Sleep-Related Infant Deaths in L.A. County, Training Video #1

Training Materials (English and Spanish)
Training Points and Facts
Frequently Asked Questions

L.A. County Infant Safe Sleeping Campaign PowerPoint Presentation
PowerPoint for Community Members (English and Spanish)
PowerPoint for Providers (English only)

Safe Sleep Flyer (English and Spanish)

Safe Sleep Pamphlets (English and Spanish)

Home Visit Safety Checklist for Providers (English and Spanish)

Pledges
Parent/Caregiver Pledge (English and Spanish)
Provider/Community Members Pledge (English only)

Quizzes
11-Question Quiz (English and Spanish)
Picture Quiz for Parents/Caregivers (English and Spanish)

L.A. County Infant Safe Sleeping Campaign Fact Sheet (English and Spanish)

Contact Us
info@safesleepforbaby.com | www.safesleepforbaby.com
ICAN Associates, 4024 N. Durfee Ave., El Monte, CA 91732 (626) 455-4585

The Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN) is the official county agent coordinating the development of services for the prevention, identification and treatment of child abuse and neglect. ICAN Associates is a private, nonprofit corporation that works in partnership with ICAN to address these issues by providing services and materials, including sponsorship and coordination of media campaigns, community educational forums and projects, special events, newsletters, and funding. ICAN Associates provides support for direct and indirect services to prevent child abuse, and enables integration and collaboration among child service agencies. ICAN and ICAN Associates have partnered with First 5 LA to raise awareness about the Infant Safe Sleeping Campaign and save families from the preventable tragedy of losing an infant due to unsafe sleeping practices.
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The Facts:
- Approximately 70 infants die from unsafe sleep-related deaths in Los Angeles County each year. (This represents one baby every five days.)
- Unsafe sleeping is the leading preventable cause of infant death in Los Angeles County.
- People who have lost their babies often say, "No one ever told me about the risks of suffocation."

What Can Happen?
Babies under the age of 1 year are at risk of suffocating while:
- Sharing a bed
- Sleeping in a cluttered crib or bassinet
- Sleeping on their side or on their stomach
- Sleeping on unsafe sleep surfaces such as couches and chairs, or in places that are unfamiliar to the baby

The Safest Way to Put a Baby to Sleep:
- Share a room, not a bed
- Place babies to sleep in a crib or bassinet
- Place babies on their back every time – at night and for naps
- Give babies space to breathe – no pillows, bumpers, blankets or toys in the crib or bassinet

Frequently Asked Questions & Answers
Refer to the Frequently Asked Questions sheet included in this tool kit.

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Frequently Asked Questions:

Is it safe to place a baby to sleep in a car seat or stroller?
It’s not safe to place a baby to sleep in a car seat or stroller because of the way the baby is positioned in these carriers. Babies should always be placed on their back to sleep. This is the only way to help make sure their mouth and nose remain unblocked so they can breathe properly.

Is it safe to use a sling?
Slings are not safe for babies because they could block a baby’s mouth or nose just as blankets and pillows in a crib or bassinet could block a baby’s airway.

Can I swaddle my baby?
Yes, swaddling is safe when a baby is small but be sure to use a light receiving blanket. Popular San Marcos blankets are dangerous because they are too heavy and warm for an infant. Once babies reach 5-6 months, they often don’t want to be swaddled and parents can use a sleep onesie instead.

What if I am breastfeeding?
Breastfeeding is encouraged. Remember to place baby to sleep in a safe separate sleep environment.

What if my baby likes sleeping on his stomach? What if this is the only way he’ll sleep for long periods of time?
The safest way for a baby to sleep is on his back. When babies sleep on their stomach or side, they are at risk of choking or suffocating.

My baby has breathing problems/My baby was born premature
What’s the best way to place my baby to sleep?
If your baby has a medical condition, talk to your medical practitioner, pediatrician or doctor about any special care your child may need.

I was told something different when I gave birth at the hospital.
The information and recommendations by the Infant Safe Sleeping Campaign are based on data gathered by the L.A. County Coroner’s Office, which investigates all unexplained infant deaths in the county, and from the American Academy of Pediatrics.

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Every 5 days, a baby in Los Angeles County suffocates while sleeping.

Is your baby sleeping safely?

Share a room, not a bed

Lay baby down to sleep in a crib or bassinet

Place babies on their back every time, at night and for naps

Give babies space to breathe — no pillows, bumpers, blankets or toys

Don’t sleep with your baby

Don’t let your baby sleep in a crowded crib

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L.A. County Infant Safe Sleeping Campaign

Home Visit Safety Checklist for Providers

Is your baby sleeping safely?

Things to look for:

☐ A separate sleeping space for the baby.

☐ Crib or bassinet in the room.

☐ Baby not sharing a bed.

☐ This separate sleeping space should have:

☐ A firm mattress with a fitted sheet.

☐ No bedding (blankets, pillows, bumpers).

☐ No clutter (stuffed animals, toys).

☐ Room temperature should not be too warm.

☐ If room temperature is comfortable for an adult, no extra heat is needed.

☐ No smoking in the area.

SafeSleepForBaby.com
Please share these infant safe sleeping tips with all new mothers/fathers, caregivers and grandparents:

- **On the back to sleep for every sleep.**
  - Parents and caregivers should always place infants on their backs for naps and at night.

- **Place babies to sleep on a firm sleep surface.**
  - A crib, bassinet or portable crib/play yard with a firm mattress is recommended.

- **Keep your baby’s sleep area close to, but separate from where you and others sleep.**
  - Room sharing without bed-sharing is recommended.

- **Keep soft objects and loose bedding out of the crib to reduce the risk of SIDS and suffocation.**
  - Soft objects, such as pillows and pillow-like toys, blankets, and bumper pads should be kept out of a baby’s sleeping environment.

- **Breastfeeding is recommended as it is associated with a reduced risk of SIDS.**
  - Mothers should be careful during breastfeeding in bed or any situation where you may fall asleep while breastfeeding.

- **Always place the baby back in his or her crib or bassinet once breastfeeding is done.**

- **Regulate your baby’s temperature never allowing them to get overheated.**
  - Heavy blankets and warm rooms are not recommended for babies as they might lead to overheating. The area where the baby sleeps should be well ventilated at a temperature that is comfortable to a lightly clothed adult.

- **Supervised, awake “tummy time” is recommended.**
  - Although babies should always be placed to sleep on their backs for naps and at night, supervised, awake “tummy time” is recommended on a daily basis.

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For materials, including our Safe Sleep for Baby Tool Kit, please visit www.safesleepforbaby.com or call (626) 455-4585.

The Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN) is the official County agent coordinating efforts to save families from the preventable tragedy of losing their young infants to unsafe sleeping practices. ICAN Associates, a non-profit corporation, provides support for direct and indirect services to prevent child abuse and neglect.

ICAN Associates provide support for direct and indirect services to prevent child abuse and neglect. ICAN's inter-agency collaboration and the development of services for the prevention and treatment of child abuse and neglect are administered by the Los Angeles County Inter-Agency Council on Child Abuse and Neglect (ICAN), an agency established by the Los Angeles County Board of Supervisors. ICAN Associates are a 501(c)(3) non-profit organization.

ICAN is the official County agent coordinating efforts to save families from the preventable tragedy of losing their young infants to unsafe sleeping practices. Over the past three years in Los Angeles County, more than 200 infants have died as a result of unsafe sleep practices. The leading preventable cause of infant death in Los Angeles County is unsafe sleeping.

Contact Us:

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Don’t wake up to tragedy.

LA COUNTY INFANT SAFE SLEEPING CAMPAIGN

IS YOUR BABY SLEEPING SAFELY?
LOS ANGELES COUNTY INFANT SAFE SLEEPING CAMPAIGN PLEDGE
(1 Day to 1 Year)

PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES

I, _______________________________________________________,
have learned the importance of a safe place for babies when they sleep.

• I understand that infants can be accidentally suffocated both by items
  or by people next to a sleeping baby.

• I understand that it is safest for infants to room-share but not
  bed-share.

• I understand that it is safest for infants to sleep in a space of their own
  (crib or bassinette.)

• I understand that crib bumper pads, soft toys, soft bedding and
  blankets are too dangerous to be placed in an infant’s sleeping area
  (crib or bassinette.)

• I understand that unsafe sleeping is the number one preventable
  cause of infant death in Los Angeles County.

I pledge to use infant safe sleeping practices to join the effort to help prevent
these tragic deaths.

Signed by:

_____________________________  ______________________
Name         Date
LOS ANGELES COUNTY INFANT SAFE SLEEPING CAMPAIGN PROVIDER PLEDGE

(1 Day to 1 Year)

ACKNOWLEDGEMENT OF RECEIPT OF IMPORTANT INFORMATION ON INFANT SAFE SLEEPING
AND PLEDGE TO SHARE INFORMATION ABOUT INFANT SAFE SLEEPING PRACTICES

I, _______________________________________________________, attended a presentation about Infant Safe Sleeping arranged by the Los Angeles County Infant Safe Sleeping Campaign and understand the importance of the information presented. I also received “Safe Sleep Tips for Infants” brochures in English and Spanish. I understand that infants can be accidentally suffocated both by bed-sharing with adults or by clutter in the infant's sleeping area, including toys, blankets and other soft items placed near the infant. I understand that it is safest for infants to room-share but not bed-share with an adult and that the safest sleeping surfaces are clutter free (no blankets, pillows, toys, crib bumper pads, etc.), not on a soft surface (e.g., soft bedding, sofas, chairs etc.) and in a space of their own (crib or bassinette). I have learned that unsafe sleeping is the leading cause of preventable infant death in Los Angeles County.

As a professional/active community member, I pledge to share information about safe sleeping for infants and teach others about unsafe sleeping practices for infants. I will also provide this important information with the families with whom I work who may be providing care for infants or who know of others who are caring for infants.

I will do what I can to join in the effort to help prevent these tragic deaths.

Signed by:

________________________________________________________________________________________
Name      Title, Organization    Date

_____________________________________________________________________________________
Phone      E-Mail Address
QUIZ

1. Of these, what is the leading preventable cause of deaths for infants (1 day to 1 year old) in Los Angeles County?
   a. Shaken Baby Syndrome
   b. Failure to Thrive
   c. Automobile Accidents (improper use of car seats)
   d. Unsafe sleeping environments

2. True/False: Infants are more vulnerable to sleeping related deaths in the first six months.
   a. True
   b. False

3. True/False: Every 5 days in L.A. County, an infant under the age of 1 suffocates while sleeping.
   a. True
   b. False

4. Which of the following is not a cause of infant unsafe sleeping related deaths?
   a. Overheating
   b. Sleeping Alone
   c. Airway obstruction
   d. Suffocation

5. True/False: The safest way to prepare a crib is by placing pillows, blankets and a bumper pad in it.
   a. True
   b. False

6. True/False: Infants placed to sleep on their backs will choke on their own throw-up.
   a. True
   b. False

7. What is the safest position to place an infant to sleep?
   a. On their back
   b. On their side
   c. On their stomach

8. Infants should be placed to sleep on a ________ mattress?
   a. Firm
   b. Soft
   c. Adult
   d. Foam

9. The American Academy of Pediatrics does NOT recommend which of the following:
   a. Room sharing without bed-sharing
   b. Using pacifiers, as they reduce the risk of SIDS
   c. Breastfeeding
   d. Infants may sleep on their sides for naptime, but must sleep on their backs during the nighttime

10. True/False: Supervised “tummy time” includes allowing an infant to sleep on their stomach?
    a. True
    b. False

11. True/False: Infant sleeping related deaths are preventable?
    a. True
    b. False
**ANSWERS**

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Is Your Baby Sleeping Safely?

Which is safe?

A

B

C

D

E

None of the Above

Why?
Answer: None

This is Safe.

70 babies die each year from unsafe sleeping in LA County. Unsafe sleeping is the leading preventable cause of infant death in Los Angeles County. 

Don't wake up to a tragedy.