



Did you know that many infant deaths are caused by suffocation?

Healthy babies are dying because they sleep in unsafe conditions and suffocate. An average of **10 babies a year** die in Monroe County in unsafe sleep conditions. The numbers make it the leading cause of preventable death for healthy infants.

Always follow the ABC's of safe sleep:

A-Along B-Back C-Crib

**Deaths due to unsafe sleep conditions
are preventable every time!**

Call (585) 473-SAFE (7233) or email info@babysafesleep.org for information on safe sleep practices for your baby.

Visit babysafesleep.org for safe sleep tips, resources and videos for you and your baby. Scroll to the bottom of the site and enter your name and email for a chance to win a prize!

— Flip for more safe sleep!

Your baby needs YOU to take care of him/her. There are moments it can be really hard to take care of a baby. Follow these tips. Keep your baby safe and healthy.

- A baby should sleep in the same room as an adult but **ALONE** on his/her **BACK** in their own **CRIB (A,B,C)** with no blankets, pillows, bumpers, toys...every time every place... nap and night time. Your baby should never sleep with anyone or anything: adults, children or pets.
- The only thing in baby's crib should be a firm mattress with a tight fitted sheet. Older cribs may not be safe, and make sure there is nothing broken or missing on a crib.
- Your baby should **never** be put to sleep on a couch or a chair or an adult/child bed. Positioners, monitors or other similar devices are not needed or recommended.
- Car seats for babies are required by law for riding in cars but are not safe for nap or night time sleeping.
- Your baby does not need a blanket! Just a sleep sack or a sleeper is all! You do not want your baby or the room too warm.
- Keep your baby away from situations involving alcohol, drugs or cigarette smoke.

babysafesleep
coalition

A program of Jewish Family Services



OUR MISSION

BSSC believes that every baby is loved, cherished, and deserves a chance at a happy, healthy life. We work to save babies from preventable deaths due to unsafe sleep conditions by providing education, community advocacy, and resources to those who care for infants.