

November 2011



Upcoming Events:

Stranger Awareness Workshops

- ◆ Nov. 1st-9:00am at MOPS Meeting in Jackson
- ◆ Nov. 15th-4:00pm at Jackson Head Start

Child Abuse Prevention Council Meeting

Nov. 15th—2:00pm
Margaret Dalton
Children's Center



Amador Child Abuse Prevention Council

(sponsored by the
Amador Community Foundation)
845 E. State Hwy. 88, #183
Jackson, CA 95642
209-223-5921
Email: info@amadorcapc.org
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Safe Infant Sleeping

Since the [American Academy of Pediatrics](#) (AAP) recommended all babies should be placed on their backs to sleep in 1992, deaths from Sudden Infant Death Syndrome (SIDS) have declined dramatically. But, sleep related deaths from other causes, including suffocation, entrapment and asphyxia, have increased.



Safe Infant Sleep Example

Please follow these recommendations to provide the safest sleep environment possible for all babies:

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, and pillow-like crib bumpers in your baby's sleep area, and keep any other items 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, even outside.

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 the baby into bed with you to breastfeed, put him or her back in a separate sleep area 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.)
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. **Provide "Tummy Time" when the baby is awake and someone is watching** to reduce the chance that flat spots will develop on your baby's head.

Breastfeeding and immunizations have also been associated with a reduced risk of SIDS.

Important! No matter how long a baby cries or how frustrated you feel, **never shake or hit a baby.** Place the baby in a safe place until you are calm or help arrives.