ABC's of Safe Sleep

A **Alone:** Keep baby's sleep area close but separate from where others sleep. Baby should not sleep with others in a bed, on a couch or in a chair.

B **Back:** Baby should be placed to sleep in his/her back in a safety-approved crib on a firm mattress with a fitted sheet for naps and nighttime.

C **Crib:** There should be no loose bedding, comforters, quilts, sheepskins, bumpers, stuffed animals, wedges or pillows in baby's crib.

How can you help?

- **Become a Partner Agency**:

Any agency that works with pregnant or parenting families can partner

- **Consider Fundraising Activities to Benefit Cribs for Kids**

- **Donate**:

For each $100 donation, this program is able to provide a Crib for Kids Graco Pack n' Play, Halo sleep sack, 1 crib sheet, home delivery and safe sleep education by a partner agency to a family in need.

Please consider making a donation of any amount to help our Nassau County babies sleep safely. Checks can be written to "**Cribs for Kids— Nassau County, NY Chapter**".

Nassau County Cribs for Kids

Nassau County Department of Health

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EDWARD P. MANGANO

NASSAU COUNTY EXECUTIVE

LAWRENCE E. EISENSTEIN, M.D., F.A.C.P.

COMMISSIONER of HEALTH

Nassau County

Cribs for Kids®

Helping every baby sleep safer

Because Every Baby Needs A Safe Place To Sleep

Why is “safe sleep” so important for an infant?

* The leading cause of death in babies 1-12 months of age is due to sleep related causes such as accidental suffocation and SIDS
* Every year, 4500 babies die suddenly and unexpectedly in their sleep from accidental suffocation, strangulation, and Sudden Infant Death Syndrome.

Sharing a bed, with an adult or another child, increases an infant's risk of death from sudden infant death syndrome, or SIDS or other sleep-related causes. To reduce infants' risk of sleep-related deaths, the American Academy of Pediatrics (AAP) recommends that infants sleep in the same room, but not in the same bed, as caregivers. Cribs, portable cribs bassinets, or playards (playpens) that meet safety standards can be placed next to the caregiver's bed. Infants should not be placed to sleep on an adult bed at any time.*

*http://pediatrics.aappublications.org/content/

Why create a Nassau County Cribs for Kids chapter?

Nassau County Child Fatality Review Team has reviewed 22 cases since 2007 where infants were placed in unsafe sleep environments which could not be eliminated as a risk factor in the death.

Partnering with community agencies

As a result of the Nassau County Child Fatality Review Team findings, the Nassau County Department of Health (NCDOH) has become a chapter of the National Cribs For Kids program. The NCDOH is committed to training partners that serve families. These partners will identify families that need a crib, coordinate delivery of the crib and educate the families on infant safe sleep.

Providing education and a crib to at risk families

- Nassau County residents with infants up to 9 months of age that display a need based on any of the following:
  - Receiving a public health benefit
  - Members of household unemployed
  - Any other special need as identified by partnering agencies