

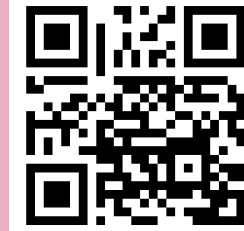
# Learn More

Columbia County Public Health offers FREE safe sleep education and education on the current guidelines.

Cribettes (play yards) are available for families or caregivers in need, based on income eligibility. Contact us to learn more.



Learn more  
about safe sleep:  
scan the QR code  
or visit  
[cribsforkids.org](https://cribsforkids.org)



## Additional Resources

- Cribs for Kids – Helping every baby sleep safer [cribsforkids.org](https://cribsforkids.org)
- Safe Sleep – Cribs and Infant Products [CPSC.gov](https://www.cpsc.gov)
- Safe Sleep ([aap.org](https://www.aap.org))

The mission of Columbia County Health and Human Service is to promote and protect the health and safety of our community.

☎ 608-742-9751

✉ div.of.health  
[@columbiacountywi.gov](mailto:@columbiacountywi.gov)

📍 111 East Mullett St  
Portage, WI 53901

🕒 Monday-Friday  
8:00am-4:30pm



PREVENT • PROTECT • PROMOTE

# Cribs For Kids: Safe Sleep Education



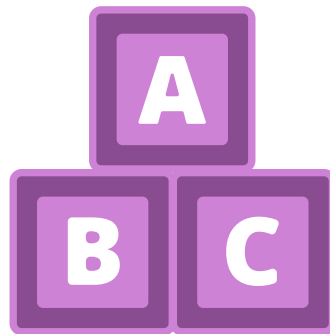
## Columbia County Public Health: Safe Sleep Program

# Safe Sleep

Each year, more than 3,500 infants die in the U.S. suddenly and unexpectedly. Many of these deaths occur due to an unsafe sleep environment.

Caregivers can reduce the risks of this tragedy by knowing and following some simple guidelines. Following safe sleep guidelines will help caregivers meet the goal of making sure the sleeping baby's breathing remains clear and unobstructed, and caregivers will be assured that the baby does not get into a position that could cause injury or even death.

- Infant sleep-related deaths are the leading cause of death in infants between 1 month and 1 year of age.
- The peak incidence is between 2–4 months.
- Approximately 1,500 sleep-related deaths are caused by sudden infant death syndrome (SIDS).
- However, studies now show that the majority of sleep-related deaths are caused by accidental suffocation.
- Accidents are preventable, so many of these deaths can be prevented.



## Always Follow the ABC's of safe sleep

- The safest way for a baby to sleep is **A**lone, on its **B**ack, in a safety approved **C**rib, play yard or bassinet.
- Don't over-dress or over-bundle the baby. Consider using a sleeper or sleep sack instead. Do not use pillows, bumpers, toys, or wedge.
- Never let a baby fall asleep in a bed, chair, or on a couch with another person.
- A baby should sleep in a smoke-free home.
- Consider offering your baby a pacifier at nap time and nighttime. If breastfeeding, make sure breastfeeding is well established first.
- Avoid all products that are not consistent with safe sleep practices.

# Safe Sleep Environment

- The baby's crib, play yard or bassinet should be in the parents' room, if possible.
- Railings of a crib should not be more than 2 3/8 inches apart. A can of soda should NOT be able to fit between the slats of a crib.
- The crib, play yard or bassinet should have a firm mattress that is closely fitted to the sides.
- The crib, play yard or bassinet should have a tight-fitting sheet.
- No quilts, comforters, duvets, blankets, stuffed animals, bumper pads, or sleep positioners- that could obstruct the baby's breathing.
- Keep crib away from windows and place against an interior wall if able.

