

National SIDS resources

Reducing the Risk of SIDS in Child Care Speaker's Kit from the American Academy of Pediatrics:
Visit <http://www.healthychildcare.org> to download a free copy.

Caring for Our Children, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care, Second Edition:
Visit the National Resource Center for Health and Safety in Child Care and Early Education Web site at <http://nrc.uchsc.edu> to download a free copy.

Healthy Kids, Healthy Care: A Parent Friendly Tool on Health and Safety Issues in Child Care:
<http://www.healthykids.us>

American Academy of Pediatrics:
<http://www.aappolicy.org>
The Changing Concept of Sudden Infant Death Syndrome: Diagnostic Coding Shifts, Controversies Regarding the Sleeping Environment, and New Variables to Consider in Reducing Risk
<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;peds.2005-1499v1>

National Institute for Child and Human Development Back to Sleep Campaign:
<http://www.nichd.nih.gov/sids>

CJ Foundation for SIDS:
<http://www.cjsids.com>

American Indian and Alaska Native SIDS Risk Reduction Resource:
http://www.cjsids.com/resource_kit/CJ_resource.htm

First Candle/SIDS Alliance:
<http://www.firstcandle.org>

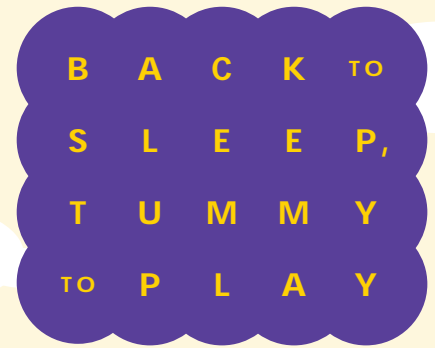
Association of SIDS and Infant Mortality Programs:
<http://www.asip1.org>

National SIDS and Infant Death Resource Center:
<http://www.sidscenter.org>

Back to sleep and tummy to play

Follow these easy steps to create a safe sleep environment in your home, family child care home, or child care center:

1. Always place babies on their backs to sleep, even for short naps.
2. Place babies in a safety-approved crib with a firm mattress (cradles and bassinets may be used, but choose those that are JPMA (Juvenile Products Manufacturers Association) certified for safety). <http://www.jpma.org/>
3. Remove soft, fluffy bedding and stuffed toys from the baby's sleep area.
4. Make sure the baby's head and face remain uncovered during sleep.
5. Place the baby in a smoke-free environment.
6. Allow the baby to sleep in light clothing to avoid overheating. If a blanket is used, make sure the baby's feet are at the bottom of the crib, that the blanket comes up no higher than the baby's chest and that it is tucked in on the bottom and 2 sides of the crib. Consider using a sleep sack, or a wearable blanket instead.
7. If you are working in a family child care home or center, create a written safe sleep policy to ensure that staff and families understand and practice back to sleep and SIDS risk reduction practices in child care. If you are a parent with a child in out-of-home child care, advocate for the creation of a safe sleep policy. *Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs* outlines what should be included in the safe sleep policy. Visit <http://nrc.uchsc.edu/> to download a free copy.



Understanding the Importance of Tummy Time

How much tummy time should an infant have?

How can I exercise a baby on his tummy?

What if the baby doesn't like being on her tummy?

Doesn't sleeping on the back create a flat head?



Back To Sleep All of the Time, Every Time

Healthy Child Care America
Back to Sleep Campaign
www.healthychildcare.org

