




# Did You Know?

From 2010-2014, 372 children have died due to unsafe sleep environments. In years since then, the trend continues to show that young children and infants continue to be at risk due to their unsafe sleep environments.

In an effort to prevent these avoidable deaths, DCBS has partnered with the Kentucky Department for Public Health safe sleep campaign. Public health has provided DCBS with safe sleep magnets to distribute to any family with children under the age of 1 year old. In February 2018 your SRA will be delivering the magnets to the field.

When sharing the magnets with the families please discuss the following:

			
<b>ALONE</b>	<b>BACK</b>	<b>CRIB</b>	<b>DANGER</b>
Stay Close, Sleep Apart — Share the room, not the bed. The safest place for your baby to sleep is in your room, but NOT your bed.	On Your Back for Nights and Naps — A baby should always sleep on their back at night and during nap time. Back sleeping on a firm mattress in a crib or play yard decreases the risk for SIDS.	Clean, Clear Crib — A baby's crib should contain a fitted sheet only; no blankets, toys, pillows, bumpers, or other items that could cover a baby's face and suffocate them. Cribs, bassinets and play yards with firm mattresses are the only safe places for babies to sleep.	Be Aware, Not Impaired — Drinking and drug use impair your ability to care for a baby, making bed-sharing and other unsafe sleep even more dangerous for the baby.

If you would like more information or resources, please visit <http://safesleepky.com/> where you will also find printable guides for babysitters, grandparents, child care providers, etc.

