

**For you to rest easy,  
your baby must rest alone.**

Adults or children who sleep or nap with an infant are putting the baby at risk of accidental injury or even death.

**Risks of bed-sharing**

- Babies can roll off the bed and injure themselves.
- Babies can get trapped between the bed and the wall or bed frame and stop breathing.
- A sleeping adult or child may roll over on the baby.
- Sleeping with comforters, blankets, quilts and pillows can be dangerous for babies who can become tangled up or injured in some other way. These items are potential suffocation hazards and can also overheat your baby.



**What is  
SIDS?**

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby under the age of one year.

**SIDS Facts**

- SIDS is the leading cause of death in babies to 1 year.
- African American babies are twice as likely to die of SIDS as white babies.
- Most SIDS deaths occur in the winter months.
- Boys are more likely than girls to die from SIDS.

**Accidental Death**

Babies who are not put to sleep safely are at risk of accidental injury or death. This may occur if a baby falls off a bed or sofa, becomes entangled in bedding or gets stuck between a mattress and a wall. A baby can also die when an adult or child rolls over on the baby while sharing a bed.

**It CAN happen...  
because it is happening!**

In Philadelphia alone, more babies have died in co-sleeping environments than as a result of child abuse. To reduce the risk of a tragedy like this, a baby must sleep alone, in an uncluttered crib.

**Other ways to keep your  
baby healthy and safe.**

- Do not smoke around your baby—this goes for you or anyone else around your baby. Smoke increases the risk of SIDS and other health problems.
- Breastfeed your baby if you can. Breast milk has the perfect nutrition for your baby and breastfed babies have fewer colds and ear infections. SIDS rates are lower in breastfed babies.
- Do not overheat your baby—if you are comfortable, your baby is comfortable.
- Let your baby play on his or her stomach while you watch carefully. This will help make your baby's head and neck stronger.
- Take care of yourself and your baby—eat well and see a healthcare provider regularly.
- Get all required immunizations for your baby.



**Funding for Cribs for Kids comes from:**

- CJ Foundation for SIDS
  - Einstein Hospital
  - Hospital of the University of Pennsylvania
  - Juvenile Products Manufacturers Association
  - The Links Inc., Philadelphia Chapter
  - Philadelphia Department of Human Services
  - Ronald McDonald House Charities of the Philadelphia Region
  - Thomas Jefferson University Hospital Women's Board
  - United Way of Southeastern PA
  - W.W. Smith Charitable Trust
  - Western Association of Ladies for Relief of the Poor
- And many generous businesses and individuals

**The need is great! To find out how you can help support Cribs for Kids, call 215-989-3589.**



**Maternity Care Coalition**  
*Strengthening families, one baby at a time*

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Philadelphia Division of  
Social Services  
Department of Public Health  
Department of Human Services

**Sleeping Safely**

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your baby must rest alone.**



**Cribs for Kids**  
**215.989.3589**

# Cribs for Kids

# Creating a Safe Sleep Environment for Your Baby

Maternity Care Coalition operates the Philadelphia area's Cribs for Kids program, offering education to new parents and to providers of healthcare, social services, and childcare about:

- Safe sleeping environments
- Safe cribs
- Accidental death prevention
- SIDS risk reduction

**Babies are safest sleeping alone**

in an uncluttered crib, on their back, never on their front or side. If you need a crib...we can help.

For families who cannot afford a crib, Maternity Care Coalition distributes small, portable cribs. **To contact Cribs for Kids, call 215.989.3589.**



This is a sample of the type of crib we offer. Style and size may vary depending on the age and weight of the baby and product availability.



- **Beware of used cribs.**  
A baby should never sleep in a crib older than 10 years or with missing, broken or loose parts.
- **A baby should sleep alone in a crib.**  
Never put your baby to sleep on a sofa, waterbed or other soft surface.
- **Always place the baby on his or her back to sleep.**
- **Use a firm mattress with a tightly fitted crib sheet.**
- **Don't make the room too hot.** If it's cold, dress your baby in a warm sleeper. If you must use a blanket, use only a small, light weight blanket covering the baby from the chest down, and tuck it under 3 sides of the mattress.
- **Make sure the baby's feet are near the bottom of the crib and that the blanket cannot cover the baby's face.**
- **Always put your baby back in his or her crib after breastfeeding.**
- **The America Academy of Pediatrics (AAP) recommends that babies sleep in a crib or bassinet in the same room as their parents or caregivers.**
- **Always put your baby to sleep in a smoke-free room.**



To find out more, go to the Consumer Product Safety Commission's website at [www.consumer.gov/productsafety.htm](http://www.consumer.gov/productsafety.htm) or call the toll-free hotline at 800-638-2772.

**Remember to explain these tips to others who care for your baby!**