

CRIBS FOR KIDS® CLASS

If you need help keeping your baby safe when they are sleeping... we can help.

Call **262-898-4460** to see if you qualify and to register for a class!



We now offer Cribs for Kids® classes at multiple locations near you!

For more information:
www.crchd.com
www.cribsforkids.org

**Central Racine County
Health Department
10005 Northwestern Avenue
US Bank, 2nd Floor
Franksville, WI 53126
Phone: (262) 898-4460
Fax: (262) 898-4490**

**Office Hours:
Monday - Friday
8 AM – 4:30 PM**



**Find CRCHD on
Facebook and Twitter**

www.crchd.com

11/15/2018



**A safe sleep environment
for your baby**

**Serving Racine County
Residents**

WHAT IS THE CRIBS FOR KIDS® PROGRAM?

Since 1998, Cribs for Kids® National Infant Safe Sleep Initiative has been making an impact on reducing the rate of infant sleep-related deaths due to unsafe sleep environments.

The mission of Cribs for Kids® is to prevent these deaths by educating parents and caregivers on the importance of practicing safe sleep for their babies and by providing Graco® Pack ‘n Play® portable cribs to families who, otherwise, cannot afford a safe place for their babies to sleep.

All education is based on the American Academy of Pediatrics Recommendations for a Safe Infant Sleeping Environment.

The ABC's of Safe Sleep

Alone - Babies should be alone in their crib.

Backs - Always put babies to sleep on their backs.

Crib - Babies should be put to sleep in a crib with a firm surface and free of loose or soft materials.

WHAT IS SAFE SLEEP?

Having a new baby in the home can be overwhelming, so the American Academy of Pediatrics has provided clear and simple guidance on how and where to put an infant to sleep.

Since awareness campaigns that encourage back sleeping for babies started in 1994, the Sudden Infant Death Syndrome (SIDS) rate in the United States has dropped by 50 percent. Safe sleep saves lives!

What are some safe sleep recommendations?

- Always place baby on his or her back to sleep, for naps and at night.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in baby's sleep area.
- Keep soft objects, toys, and loose bedding out of baby's sleep area.
- Keep a baby's sleep area in the same room where you sleep, but on a separate surface.
- Avoid smoke, alcohol, and illicit drugs before and after birth.
- Dress baby in sleep clothing, like a one-piece sleeper, and do not over bundle baby.

Source: American Academy of Pediatrics

WHAT SHOULD I DO IF I NEED HELP?

Call to see if you qualify and to register for a class!

- Classes held at multiple locations across the county
- Registration includes a Pack ‘n Play, sleep sack, fitted sheet, and pacifier
- Racine County residents only
- \$10 fee for attendance
- Pre-registration required

