

CRIBS FOR KIDS® CLASS

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

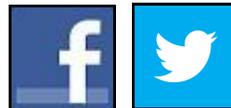
**Call to see if you qualify
and to register for a class!**

- Racine County residents only
- Pre-registration required
- Classes held at multiple locations across Racine County
- Call 262-898-4460

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**

CrIBS for Kids® Racine County

CrIBS for Kids® Racine County



**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.



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
- Dress baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket
- Baby sleep area is next to where parents sleep
- Do not let anyone smoke around baby
- Baby should not sleep in an adult bed, on a couch, on a chair, with you, or with anyone else

Source: American Academy of Pediatrics: SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

WHAT SHOULD I DO IF I NEED HELP?

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