

RESOURCES

Need a Baby Box?

Children's Advocacy Center
520.724.6600 | sacacenter.org

Need a Crib?

1.888.721.CRIB | CribsForKids.org

Mother to Baby Experts:

Meds, Pregnancy & Breastfeeding
1.888.285.3410 | MotherToBaby.org

Birth to Five Help Line

877.705.Kids | Ask us anything!

Need an Infant Starter Kit?

1st things 1st.org

National Institute of
Child Health and Human Development
safetosleep.nichd.nih.gov

Need More on Suffocation Prevention?

safekids.org

SAFE
Sleep

PROGRAM



**CHILDREN'S
ADVOCACY
CENTER**
OF SOUTHERN ARIZONA

NEED HELP? CALL OR VISIT US AT
520-724-6600 | SACACenter.org

Every 5 days in Arizona,



A BABY SUFFOCATES while sleeping.

DON'T

- **Share a bed** with a baby
- Put them to sleep in a **cluttered crib**
- Put them to sleep **on their side or on their stomach**
- **Leave them** on surfaces unsafe for sleeping, like couches and chairs

DO

- **Share your room**, not your bed
- **Use firm sleep surfaces**, such as a mattress in a safe crib
- Place babies **on their back** every time – at night and for naps
- Give babies **space to breathe** – no pillows, bumpers, blankets, or toys in the crib or bassinet