


Safe Sleep Flyer: Front & Back

**Child Abuse Basic Training Course:
Recognizing and Responding to
Unsafe Sleeping Conditions**

Presented by: Name of Trainer, Initials & organization

Learning Objectives:
Participants will be able to ...

- Describe the role suffocation plays in infant sleep-related death
- Provide safe sleep guidance to families and caregivers
- Identify and evaluate unsafe sleep environments as a risk factor for suffocation
- Relay information about safe sleep practices to families
- Identify and refer individuals to resources for safe sleep



PLEASE JOIN US
FOR AN EXCITING TRAINING OPPORTUNITY

**Safe Sleep
Training for
First Reponders**

*Seats fill quickly
REGISTER ONLINE NOW!*

This training is appropriate for first responders such as law enforcement, EMS, caseworkers, and advocates who respond to homes and are in a position to address unsafe sleeping conditions that pose a threat to infant health and safety

Date
Time

Location:

Visit www.sacacenter.org for more details.
Call (520) 724-5444 for registration questions



The Safe Sleep Program Flyer is to advertise training sessions. The program coordinator will be changing the information on the flyer to match each training session and will email this flyer to the Peer Leaders so they can effectively gather participants for their training.

Safe Sleep Shoe Card & Refrigerator Magnet:



What is a shoe card?

Shoe cards:
Small foldable business card that provides information for families.

Shoe cards got their name from human trafficking. Organizations would help victims of human trafficking by giving them a small card with resources and hotline numbers to get help. They could fit them in their shoes so they could carry it on then at all times.



This is the Safe Sleep Magnet!

When providing resources to families sometimes they get lost. Especially small cards like the shoe card. This magnet will help families by having their resources on their fridge where they can see it!

This also is a kind gesture to say 'Thank You' to families who take the time to sit and learn about safe sleep.

We can take the shoe card and the magnet and put it on their fridge for them before we leave the home or have the parents do it so this information can be a constant reminder for caregivers and parents to save infants lives!

Safe Sleep Brochure: Outside & Inside



The Mission of the Children's Advocacy Center is to provide a safe, compassionate and healing environment for children who have been a victim or witnessed a crime.

CHILDREN'S ADVOCACY CENTER
OF SOUTHERN ARIZONA

2329 E. Ajo Way
Tucson, AZ 85713

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

The Safe Sleep Program is supported by
Governor's Office of Youth, Faith and Family

SAFE Sleep PROGRAM

Resources

- Need a Baby Box?**
Children's Advocacy Center
520.724.5444 | sacacenter.org
- Need a Crib?**
1.888.721.CRIB | CribsForKids.org
- Mother to Baby**
Meds, pregnancy & Breastfeeding
1.888.285.3410 | MotherToBaby.org
- Birth to Five Help Line**
1.877.705.Kids | Ask Us Anything!
- Need an Infant Starter Kit?**
FirstThingsFirst.org
- Institute of Child Health and Human Development**
SafeToSleep.nichd.nih.gov
- Need More on Suffocation Prevention?**
SafeKids.org

This is the Safe Sleep Brochure.

Its always good to have a reminder of what to do in times of stress. This brochure will remind caretakers of the Do's and Don'ts of safe sleep as well as the ABC's of safe sleep while also providing them with resources like where to get a baby box or who to call if they don't know what to do in a situation involving their infant.



A - Alone

DO

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

B - On my back

Safe Sleep About Our Program

Our Safe Sleep Program trains law enforcement, first responders, EMS, caseworkers, and advocates to identify and address unsafe sleeping conditions in the home.

C - In a Crib

DON'T

1. Share a bed with a baby.
2. Put a baby to sleep in a cluttered crib or bassinet.
3. Put a baby to sleep on their side or on their stomach.
4. Place babies to sleep on unsafe sleep surfaces such as couches and chairs, or in places that are not designed for a baby.

**If you have any questions regarding our resources contact the Program Coordinator.*

Safe Sleep Home Visit Checklist: DCS



safe sleep for baby
Don't wake up to a tragedy.

Arizona infant safe sleep campaign
**HOME VISIT
SAFETY CHECKLIST**

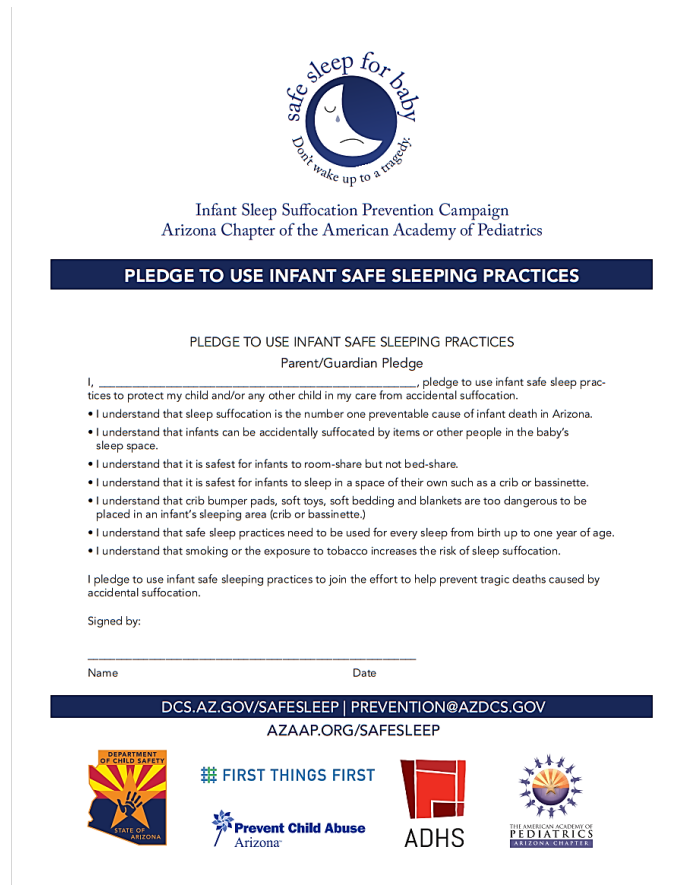
IS YOUR BABY SLEEPING SAFELY?

THINGS TO LOOK FOR:

- A separate sleeping space for the baby.
 - Crib or bassinet in the room.
 - Baby not sharing a bed.
 - Sharing a room with parent/guardian until 1 year old.
- This separate sleeping space should have:
 - A firm mattress with a fitted sheet.
 - No bedding (blankets, pillows, bumpers).
 - No clutter (stuffed animals, toys).
- Room temperature should not be too warm.
 - If room temperature is comfortable for an adult, no extra heat is needed.
- No smoking in the baby's home.

DON'T WAKE UP TO A TRAGEDY

DCS.AZ.GOV/SAFESLEEP | PREVENTION@AZDCS.GOV
AZAAP.ORG/SAFESLEEP



safe sleep for baby
Don't wake up to a tragedy.

Infant Sleep Suffocation Prevention Campaign
Arizona Chapter of the American Academy of Pediatrics

PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES

PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES
Parent/Guardian Pledge


I, _____, pledge to use infant safe sleep practices to protect my child and/or any other child in my care from accidental suffocation.

- I understand that sleep suffocation is the number one preventable cause of infant death in Arizona.
- I understand that infants can be accidentally suffocated by items or other people in the baby's sleep space.
- I understand that it is safest for infants to room-share but not bed-share.
- I understand that it is safest for infants to sleep in a space of their own such as a crib or bassinet.
- I understand that crib bumper pads, soft toys, soft bedding and blankets are too dangerous to be placed in an infant's sleeping area (crib or bassinet.)
- I understand that safe sleep practices need to be used for every sleep from birth up to one year of age.
- I understand that smoking or the exposure to tobacco increases the risk of sleep suffocation.

I pledge to use infant safe sleeping practices to join the effort to help prevent tragic deaths caused by accidental suffocation.

Signed by: _____
Name Date

DCS.AZ.GOV/SAFESLEEP | PREVENTION@AZDCS.GOV
AZAAP.ORG/SAFESLEEP



DCS Safe Sleep Flyer:

This Safe Sleep Flyer was created by DCS to help protect babies from infant suffocation and unsafe sleeping environments.

You can use this flyer as a resource to help you remember what to look for in an infant safe sleep environment.

"Don't wake up to a tragedy

Join the effort to help prevent tragic deaths caused by accidental suffocation by pledging to use the infant safe sleep best practices. Download a copy of the Safe Sleep Checklist today." – DCS website