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October is Infant Safe Sleep Awareness Month – Teaching Your Baby to Sleep Safely

Eau Claire, WI, October 26, 2016 – We know it's not easy being a new parent. Sometimes getting baby to sleep safely is a big challenge. The Eau Claire County Safe Sleep Task Force works to make sure that the parents of the 1,800 babies born every year in Eau Claire county hear the same message when it comes to sleeping your baby. Advice on how to sleep a baby has changed over the years. Research shows that **the safest way for your baby to sleep is alone, on their back, in a crib and in smoke-free air for every sleep**. The newest research from the American Academy of Pediatrics shows that infants should sleep in the same room as their parents for at least 1 year to reduce the risk of SIDS. SIDS deaths have decreased by as much as 50% since the Back-to-Sleep campaign started in 1992.



But not all babies like to sleep this way. Try these tips to teach your baby to sleep in the safest way.

Try these things to get your baby ready for sleep:

- Put your baby's crib or bassinet in the same room for the first year. Babies listen to the way you breathe while sleeping.
- Keep bedtime and naptime routines the same as much as possible.
- Gently rub your baby's tummy, arms and legs.

What can I do in the middle of the night?

- Babies have an active time during sleep and may move, breathe faster, grunt or cry. Be sure your baby is actually crying before checking on them.
- If your baby is awake, go as quickly as possible, so your baby can calm down quickly.

For more ideas and support, contact your health care provider or a Public Health Nurse at 715-839-4718. Or visit this link: <http://www.chawisconsin.org/documents/IP6HelpBTS.pdf>

See this link for newest safe sleep recommendations: <https://shar.es/1ETF5J>

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