



## FOR IMMEDIATE RELEASE

### Contact:

Ellen Jacobs, MSN, RN, CLC, Public Health Nurse  
715-839- 2858

[Ellen.Jacobs@co.eau-claire.wi.us](mailto:Ellen.Jacobs@co.eau-claire.wi.us)

## Keep your Baby Safe during the Holidays with these Travel Tips

**Eau Claire, WI –December 19, 2018** – It's getting cold outside. Be sure to bundle up your baby safely while riding in their car seat this winter and while visiting friends and family. Sudden Infant Death Syndrome (SIDS) or other causes of infant death can happen at home, on the road, or visiting family. In 2016, there were 28 infant deaths from SIDS and accidents in Wisconsin.

### Here are steps to keep your baby safer:

#### When getting them in their car seat:



**1. Dress your baby in 2-4 thin layers of clothes instead of a thick coat.**

- A thick coat makes it hard for the car seat straps to be tight enough. (If there was a car accident, your baby may slide out of the car seat.)

**2. Buckle your baby in and tighten car seat straps.**

- You should only be able to fit one finger under the strap at the collar bone. Slide the chest clip up so it is at the top of the armpits.

**3. Once your baby is strapped in, put your baby's coat on backwards or put a blanket over them.**

- This is a safer way to keep them warm, along with putting on a hat and mittens. Make sure that the coat or blanket can't cover their mouth.



#### On the road:

**1. Take off extra layers and their hats as the vehicle warms up.**

- Your baby can overheat as the vehicle gets warmer. Babies should only wear one more extra layer than an adult.

**2. Give your baby breaks from the car seat at least every 2 hours.**

- Stop the vehicle and take your baby out of their car seat frequently.

This will prevent strain on baby's growing spine and keep baby's positioning safe and comfortable.

#### When you arrive:

**1. Take baby out of the car seat after you arrive.**

- Car seats are not an approved safe sleep option for babies when they are out of the vehicle.

**ABC's of Safe Sleep**  
for Your Baby



**A** Alone  
**B** on the Back  
**C** in a Crib  
**S** in Smoke-free air

**2. Make sure you have a safe sleep place for baby.**

- A portable play yard like a Pack 'n Play™, crib or bassinet are good choices. Don't put them on a soft surface such as a bed or couch.

**3. Make sure anyone who is watching your baby knows how to put baby to sleep safe.**

- Remember the Safe Sleep ABCs: **A**lone, on their **B**ack, in a **C**rib, and in **S**moke-free air.

*“Grandparents and family members mean well when they want to give baby a blanket or stuffed animal to sleep with. My father asked about putting baby on her stomach as this was how I slept. It is important to share the safe sleep ABCs with my family members as they are different than when you were a baby.”*

*- Ellen Jacobs,  
Public Health Nurse*

For more information:

- <https://safetosleep.nichd.nih.gov/safesleepbasics/about>
- <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats>
- Call the Health Department at 715-839-4718.

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