



FOR IMMEDIATE RELEASE

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Safe Sleep Wherever You Go

Eau Claire, WI, October 4, 2019 – Sudden Infant Death Syndrome (SIDS) causes infant deaths each year in Wisconsin. SIDS is one of many sleep-related causes of death for infants, but there are steps caregivers can take to reduce the risk. “The baby’s sleep environment can influence sleep-related causes of death,” including SIDS, says the National Institute of Child Health and Human Development. Practicing safe sleep habits is one way for caregivers to ensure a consistent, safe sleep environment for baby.

Safe sleeping habits are not limited to sleeping at home. “Caregivers should make a safe sleep plan a part of every trip,” says Ellen Jacobs, public health nurse. “Safe sleep plans help caregivers know that babies will sleep safely wherever they go. Also, babies love and benefit from consistent sleep environments.”

How to create your “Safe Sleep Plan”:

- **Check if the hotel or house you’re visiting has a crib or portable play yard (i.e. *Pack and Play*[™]).**
 - ***If yes: Make sure it meets safety standards!***
This means:
 - Less than two fingers should fit between side of crib and mattress.
 - Slats close together, cannot fit a 12 oz. can between.
 - Not a drop-side crib.
 - No missing, broken, or damaged parts.
 - Has firm mattress.
 - ***If no: Bring a portable play yard. It’s easy to set up and provides a safe space for baby to sleep and play.***
 - Set it up away from windows, curtains, monitors, or cords.
- **Keep the sleeping area bare.**
 - No blankets, pillows, or toys.
- **Give your baby their own sleep space.**
 - Away from other kids, pets and adults.
 - Infants can get injured or have their airway blocked if not sleeping alone.
- **Keep it cool.**
 - The best sleep temperature for babies is 68-72° F.
 - Dress your baby in one more layer than you have on.
- **Don’t use the car seat as a sleeping area for baby when not in the car.**
 - Take your baby out of car seat when you arrive.



Wherever baby is sleeping, be sure to follow the ABCs of safe sleep for every sleep time. Make sure everyone who will be watching baby knows the ABCs too!

- **A**lone – no other people or objects in baby’s sleep area.
- On **B**ack – always put baby to sleep on back.
- In **C**rib, bassinet or portable – firm sleep surface with only a fitted sheet.
- In **S**moke-free air.



The ABCs are summarized by the Eau Claire City-County Health Department on YouTube and Facebook:

<https://youtu.be/lBywdHITzGk>

<https://www.facebook.com/eaucloirehealth/videos/1150675065124896/>

For more information on safe sleep, visit:

<https://safetosleep.nichd.nih.gov/safesleepbasics/about>

<https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs/>

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