



First Year Facts

Safety tips for those caring for children up to age 1.

Do you know how to put a baby to bed in the safest way?

Common Myths:

MYTH: “Cribs kill children...haven’t you heard of ‘crib death?’”

TRUTH: Cribs are a safe place for your baby as long as the baby is on their back and is the only thing in the crib

MYTH: “If my baby lies on their back, they will choke on their vomit”

TRUTH: The spit up will typically come out of their mouth. Burp your child regularly during feeding before laying them on their back.

MYTH: “Babies should never be on their tummies”

TRUTH: Tummy time is very important for baby’s muscle development but they must be awake and supervised.

MYTH: “I slept on my belly so it is ok for my child too”

TRUTH: The rate of SIDS has been cut in half since the “Back to Sleep” campaign has begun.

How can I reduce the risk to a child in my care?

- Babies should always be put on their backs to sleep and nap.
- Keep soft or loose bedding and toys out of their sleep space.
- No sleeping on couches or adult beds. Place the baby in a crib, basinet or pack-n-play.
- No bed sharing with parents, siblings or anyone else.
- Do not overdress the baby. One sleeper and one light blanket are all you need tucked in no higher than the baby’s armpits.
- Eliminate all secondhand smoke.
- Encourage mom to seek and continue prenatal care.

Now that you have the “facts” share them with the child’s parents, your friends, and anyone who might care for a child. Let them know that studies have changed the way children should be sleeping.

Sharing this information could save a child’s life.

If you have questions please call 687-3366 for more information.