



# SAFE SLEEP FOR YOUR BABY

IN CONNECTICUT, WE LOSE A FUTURE CLASSROOM OF CHILDREN EACH YEAR DUE TO UNSAFE SLEEP PRACTICES

## INFANTS ARE AT THE GREATEST RISK FOR UNEXPECTED DEATH

Sudden infant deaths in Connecticut are largely attributed to unsafe sleep environments and related family risk factors. Each year, on average Connecticut loses 25 infants who have died in a sleeping environment that is outside of the guidelines supported by the American Academy of Pediatrics.



EVERY NIGHT • EVERY NAP WITH EVERY CAREGIVER

## HOW CAN WE KEEP INFANTS SAFE?

The first six-months of an infant's life poses the greatest risk. Here are the ten most important things you can do to keep your baby safe when they go to sleep.

- Your baby should sleep on their back...every night, every nap and with every caretaker.
- Your baby should share a room with you, but never in the bed with you or other children.
- Your baby sleeps without soft objects, including toys, loose bedding bumpers or pillows.
- It is best to use a firm sleep surface in a safety-approved crib, bassinet or portable crib, such as a pack-n-play.
- Car safety seats, strollers, swings, infant carriers and boppy-pillows, should not be used for routine sleep in the home.
- Tummy time is good when your baby can be watched carefully.
- Breastfeeding is great for your baby, but stay awake!
- Dress your baby in light sleep clothing, don't overdress your baby.
- Give your baby plenty of space to breathe.
- Keep your baby away from people who smoke or are using drugs or alcohol.

## WHAT CAN YOU DO TO HELP A NEW PARENT?

- Be supportive.
- Contact a Resource.
- Give a break when you can.
- Check in often.
- Let the new parent know you are there.
- We may not have all of the answers, but we can be a good listener.

**Everyone can help to grow safe, happy, and healthy children in Connecticut.**



**YOUR BABY'S DOCTOR IS ALWAYS A GOOD RESOURCE FOR YOU, BUT THERE ARE OTHER SUPPORTS AS WELL.**

### ***How do I know if my baby is developing okay?***

It is ok to have questions about how your baby is developing. They didn't come with an instruction manual. You can call 211 or go to the Child Development website: <https://cdi.211ct.org/> and someone can help you do a screening with the Ages and Stages Questionnaire (ASQ) or help make a referral to Birth to Three :1-800-505-7000 and <https://cdi.211ct.org/>. Also, the CDC has information.

### ***As a parent, partner, or caregiver, having a new baby can be exhausting, where can I go for some support?***

<https://www.zerotothree.org>

### ***I am in recovery, but I am worried about relapse.***

This time of a new baby is wonderful and challenging. There are people with lived experience who can help you. REACH Navigators can be a great resource for you.

<https://www.ct.gov/dmhas>

### ***I'm feeling blue/down/overwhelmed.***

Having a new baby can feel like a roller coaster, but there is help. Postpartum support is available to you. The help line number is 1-800-944-4773 for English and Español. The national text helpline number in English is 1-800-944-4773 and 971-420-0294 en Español or websites:

<http://www.postpartum.net>

<https://psichapters.com/ct/>

### ***As a Dad, if I am looking to get some support, where can I go? #Dadsmattertoo***

Dad's can play an important role. Sometimes they just don't know what to do or how best to be helpful. <https://portal.ct.gov/-/media/Fatherhood/PDFs/FatherhoodDirectorypdf.pdf>

### ***My baby seems to cry a lot...what is too much crying? (AAP-Purple Crying)***

Some babies can cry as much as 16 hours a day! Once you have made sure your baby has a clean diaper, is fed and burped, it is okay to let your baby cry. It is not a reflection on your parenting, but, if you feel overwhelmed by the crying at any point, you can use the resources listed on this brochure or phone or text a friend or family member or call 1-800-505-7000 for support. <https://ctoec.org/chill>