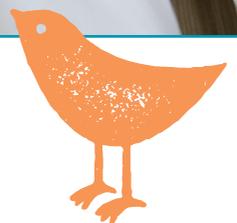


Safe Sleep Education for Grandparents

- 1.** Use a firm mattress in a safety approved crib every time for naps and at night.
- 2.** Remove all loose bedding, stuffed animals, and pillows from your grandbaby's reach.
- 3.** Always place your grandbaby on his or her back to sleep for naps and at night.
- 4.** Your grandbaby should never sleep in an adult bed, couch or chair, with you or alone.
- 5.** Don't let anyone smoke around your grandbaby.
- 6.** Dress your grandbaby in temperature-appropriate sleepware and make sure the room temperature is comfortable.



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Safe Sleep Education for Grandparents

COMMON QUESTIONS & ANSWERS*:

Q: "I placed my babies on their stomachs to sleep and they were fine. Was that wrong?"

A: Prior to 1992, most babies slept on their stomachs and many of them survived, but many babies died. We now know that the back sleep position is the safest and poses the lowest risk for sleep-related deaths due to accidental suffocation and SIDS. Therefore, placing your grandbaby on his/her back to sleep for every sleep time is the best way to reduce the risk.

Q: "Will my grandbaby choke if I place him/her on the back to sleep?"

A: No. Healthy babies naturally swallow or cough up fluids because it's a reflex all people have. Babies might actually clear such fluids better when on their backs.

** Questions and answers provided in part by the National Institute of Child Health & Human Development's Safe to Sleep Campaign.*

I promise the following to my dear sweet grandbaby:

Grandbaby's Name

I will put my grandbaby **back to sleep**.

I will **not share a bed** with my grandbaby.

I am committed to **spreading safe sleep education** to my family.

Signature

Date



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