



P R E S S R E L E A S E

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JANUARY IS SAFE SLEEP MONTH

(SANTA BARBARA, Calif.) - Unintentional suffocation is the leading cause of injury-related death among children under 1 year of age. Nearly three-quarters of suffocation deaths among infants are from accidental suffocation or strangulation in bed. In Santa Barbara County between January 2015 and December 2016, according to the Child Death Review Team Report, parental bed sharing or overlay were factors in accidental or undetermined deaths of 5 children under 1 year of age.

Safety tips to prevent unintentional suffocation:

- Lay your baby on his or her back for every sleep, including naps.
- Babies should always sleep on a firm and flat sleep surface such as a safety-approved crib, bassinet, or pack-n-play, covered with a tight-fitting sheet.
- Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.
- Babies should not sleep in an adult bed, on a couch or on a chair, alone or with anyone else.
- Room-sharing is a safer option than having your baby sleep in bed with you. Place your baby's crib, play yard or bassinet in your room for more convenient feeding and close contact, ideally, for the first year of life, but at least for the first 6 months.
- Remember to always return your baby to his or her own crib when you're ready to go back to sleep. This is tough sometimes because parents are often more tired than the babies, but it is much safer.

To learn more about sleep safety and suffocation prevention tips please visit Safe Kids World Wide at <https://www.safekids.org/tip/sleep-safety-and-suffocation-prevention-tips>.