



BABY'S SAFE SLEEP CHECK LIST

These questions are about making a place for a baby to sleep that is the safest possible to help prevent Sudden Infant Death Syndrome (SIDS) and crib injuries. A prize is waiting for you if you take the time to answer these questions and return this survey to the Union County Health Department. Check yes or no to answer the following questions.



YES NO

☐ ☐

1. Does your crib have a firm, tight fitting mattress?

(Two adult fingers should not fit between mattress and crib.)

☐ ☐

2. Are the bars on your crib less than 2 3/8" apart? (See side to measure.)

☐ ☐

3. Is the crib placed away from lamps, dangling cords or ribbons, windows, fans, heaters or climbable furniture?

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4. Is soft bedding such as fluffy blankets, pillows, bumper pads and stuffed animals kept out of the crib?

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5. Do you always put your baby in a safe crib at night?

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6. Is the baby's room free of cigarette smoke?

☐ ☐

7. Does the baby's room temperature seem comfortable to you?

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8. Is the baby dressed with just a few layers of clothing at night?

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9. Do you always place your baby on his or her back to sleep?

☐ ☐

10. Would you plan to follow these ideas when your baby is put to bed away from home?

☐ ☐

11. Do you have health insurance for your child?

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12. Would you like information on no cost or low cost (\$25/year) health insurance for your child?

*If you answered **yes** to all of these questions, you are well on your way to keeping your baby healthy and may have helped prevent Sudden Infant Death Syndrome (SIDS) and crib injuries. If you have questions about safe sleep, call (937) 642-0801 or 1-888-333-9461 (non-local calls).*

Thank you for answering this survey. Please select your gift (while available):

T-shirt (onesie) -or- Digital thermometer

Name _____ Address _____

City _____ ZIP _____ Phone or contact number (____) _____

Please see back for more details about these questions and mailing instructions.

Answer Key: BABY'S SAFE SLEEP CHECK LIST

1. The best possible place for the baby to sleep is in a crib with a mattress that fits snugly to the edge of the crib. This prevents the baby from being trapped between the mattress and crib.
2. The bars on the crib should be less than 2 inches. This is a safe distance to keep the baby from being trapped between the bars.
3. Putting the crib away from lamps, fans or heaters, will keep the baby from pulling these on himself and being injured. By storing cords and ribbons away from baby, the risk of strangulation is decreased. Arranging the crib away from the window prevents falls.
4. Although fluffy blankets and stuffed animals look cute in the crib, they should be stored outside the crib to stop them from covering the baby's head and causing suffocation. A soft mattress like a water bed or older, worn mattress could fold on the baby causing suffocation.
5. An adult bed may have too many blankets, too soft a mattress and could lead to entrapment if it is pushed against the crib. These have all caused infant deaths. Do not sleep with the baby if you have been drinking alcohol or taking medication. You could roll over onto the baby and not awaken.
6. Second hand cigarette smoke in the room has been linked with SIDS.
7. Room temperature should be between 65-70°F. Temperatures under 65°F are uncomfortable for the baby and temperatures above 70°F have been linked with breathing difficulty.
8. Dress the baby in just a few layers. Babies that have died of SIDS have frequently been dressed too warmly.
9. By placing the baby on his or her back to sleep, you can decrease the risk of Sudden Infant Death Syndrome (SIDS) by 50%.
10. It is very important to follow these steps to safe sleep even when you are away from home. It may take extra effort to prepare an area for your child to sleep safely if you are visiting someone.
- 11/12. Ohio offers a no cost or low cost insurance program for children that can be obtained through the Union County Health Department if the family falls within certain financial guidelines. It is easy to apply for this insurance. It would cover immunizations, well care and hospitalization. For more information about this program, please call (937) 642-0801 or 1-888-333-9461 (non-local calls only).

Union County Health Department, Evergreen Project. Resources available on request.

