

Safe Sleep Saves Lives!

Resources for Safe Sleep: Preventing Infant Suffocation

From Safe Sleep Program Presentation:

[Arizona Department of Health Services – Safe Sleep](#)

[Arizona Chapter of the American Academy of Pediatrics – Safe Sleep](#)

[National Institute of Child Health and Development \(NICHD\) -
<https://safetosleep.nichd.nih.gov/>](#)

[Safe Sleep for Babies - HealthyChildren.org](#)

Video - American Academy of Pediatrics (AAP) video on safe sleep environments for babies.

[Children and Secondhand Smoke Exposure
Back to Sleep, Tummy to Play - HealthyChildren.org](#)

American Academy of Pediatrics (AAP) discusses safe sleep and tummy to play practices for babies.

Additional Resources:

Need a Baby Box? Children's Advocacy Center Southern Arizona – (520) 724-5444

Need a Crib? www.Cribsforkids.org or 1-888-721-CRIB

Mother to Baby: Medications, pregnancy & Breastfeeding, Ask the experts. – 1-888-285-3410 www.mothersbaby.org

Birth to Five Help Line: "Nothing out of the question" – 1-877-705-KIDS

Infant Starter Kit: <https://www.firstthingsfirst.org/resources/parent-kit/>

National Institute of Child Health and Human
Development: <https://safetosleep.nichd.nih.gov/>

More on Suffocation Prevention: www.safekids.org

Safe Sleep for Babies (CDC): <https://www.cdc.gov/vitalsigns/safesleep/index.html>

How to Keep Your Sleeping Baby Safe: AAP Policy Explained:
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

About SIDS and Safe Infant Sleep:
<https://safetosleep.nichd.nih.gov/safesleepbasics/about>

CDC SIDS: Safe Sleep Video. CDC experts Sharyn Park Brown, PhD, MPH and Carri Cottengim, MA to learn how to create a safe sleep area for baby and other safe sleep practices: https://youtu.be/09kNXxYB_Kg

For More information about the Safe Sleep Program Visit:

www.sacacenter.org/what-we-do/safe-sleep-program/

