RESOURCES

Need a Baby Box?
Children’s Advocacy Center
520.724.6600  |  sacacenter.org

Need a Crib?
1.888. 721.CRIB  |  CribsForKids.org

Mother to Baby Experts:
Meds, Pregnancy & Breastfeeding
1.888.285.3410  |  MotherToBaby.org

Birth to Five Help Line
877.705.Kids  |  Ask us anything!

Need an Infant Starter Kit?
1st things 1st.org

National Institute of
Child Health and Human Development
safetosleep.nichd.nih.gov

Need More on Suffocation Prevention?
safekids.org
Every 5 days in Arizona, a baby suffocates while sleeping.

**DON’T**

- Share a bed with a baby
- Put them to sleep in a cluttered crib
- Put them to sleep on their side or on their stomach
- Leave them on surfaces unsafe for sleeping, like couches and chairs

**DO**

- Share your room, not your bed
- Use firm sleep surfaces, such as a mattress in a safe crib
- Place babies on their back every time – at night and for naps
- Give babies space to breathe – no pillows, bumpers, blankets, or toys in the crib or bassinet