



The Division of Family and Children Services Safe to Sleep Initiative

What Do You Know About Safe Sleep for Babies?

Quiz yourself...

1. *True or False: It is recommended that a parent and baby sleep in the same bed in order have the parent close in case the baby stops breathing.*

FALSE! Because SIDS (Sudden Infant Death Syndrome) and SUID (Sudden Unexpected Infant Death) occurs with no warning or symptoms, it is unlikely that any adult will hear a problem and prevent either from occurring. Sleeping with a baby in an adult bed increases the risk of suffocation and other sleep-related causes of infant death.

2. *A safe sleeping environment for babies includes:*
 - a. Separate sleep area for the baby such as a crib or bassinet or cradle when the parent is ready to sleep.
 - b. No soft or loose bedding, such as quilts, pillows, bumper or blankets.
 - c. Not sleeping in a child car seat.
 - d. A fitted crib sheet tightly around the crib mattress.
 - e. All of the above.

ALL OF THE ABOVE! Babies can become tangled in sheets and blankets; and may become trapped between the headboard and footboard if sleeping in an adult bed. A new study by Children's Mercy Hospital of Missouri found that infants who died sleeping on a sofa were nearly twice as likely to die from suffocation or strangulation as babies who died sleeping elsewhere.



3. *True or False: Instead of bed sharing, room sharing is recommended.*

TRUE! Room sharing is when an infant sleeps in the same room with a caretaker but in a separate sleep space such as a crib, bassinet or play yard. Room sharing does not have the risk of suffocation such as bed sharing.

How did you score? *If you missed any of the answers or would like to learn more about safe to sleep, watch the following videos and share with caretakers, friends and family members:*

Safe to Sleep Videos:

1. Division of Family and Children Services : "Safe to Sleep Awareness"
<https://www.youtube.com/watch?v=5xFpb5iRJK0>
2. Division of Family and Children Services: "Safe Sleep for Georgia Babies"
https://www.prosolutionstraining.com/store/product/?tProductVersion_id=815
3. The Georgia Bureau of Investigation/ Child Fatality Review: "Safe to Sleep"
<https://www.youtube.com/watch?v=ks9ew31YRe4>

Additional educational opportunities are coming in March 2016 for all DFCS staff, contractors and providers when [The Division of Family and Children Services Safe to Sleep Initiative](#) begins!

Stay tuned...

Safe Sleep Tip Sheet #2

For additional information on safe to sleep for babies, please contact Kim Washington, DFCS Safety Coordinator at:
Kim.Washington@dhs.ga.gov