

INFANT SLEEP-RELATED DEATHS

I just plead with all parents, put the baby in a safe place to sleep just like it's a law. Make that your law, your statement, what you're going to do every time the baby goes to sleep.

- Mrs. Nellie, grandmother of two

Infant sleep-related death is the term used to describe babies (from birth to 1 year old) who die in the place where they are sleeping. Four situations can make infant sleep-related death more likely:

- Sleeping in a place other than a crib or infant bed
- Sleeping with parents or other children
- Sleeping with items around them, such as pillows, stuffed animals or other objects
- Sleeping on their stomach or side

In 2014, African American children died at a rate almost three times higher than that of other children in Sacramento County. The Black Child Legacy Campaign is the community-driven movement raising visibility and strengthening collective impact efforts of the Steering Committee on Reduction of African American Child Deaths (RAACD) to reduce the number of black mortalities due to homicide, child abuse and neglect, infant sleep-related conditions, and perinatal conditions.

In Sacramento County, African American babies are 4.6 times more likely to die of a sleep-related death than all other ethnic groups.

INFANT SLEEP-RELATED DEATH IN SACRAMENTO

In 2014, there were 14 infant sleep-related deaths in Sacramento County. Out of these, five (36%) were African American babies.

SLEEP-RELATED DEATH PREVENTION | WHAT WE KNOW

Most infant sleep-related deaths can be prevented by following the ABCs of infant sleeping and following these six steps to ALWAYS sleeping your baby safely:

1. Sleep baby ALONE.
2. Sleep baby on his/her BACK.
3. Sleep baby in a CRIB.
4. Put nothing in baby's sleep area.
5. Do not overdress baby.
6. Do not smoke anything around baby.

A LONE
B ACK
C RIB
ALWAYS!



**BLACK CHILD
LEGACY**

C A M P A I G N

Uniting Families and Communities
for a Healthy Future

WWW.BLACKCHILDLEGACY.ORG

Sleep-Related Death Prevention | Resources

In Sacramento, there are many resources to help prevent sleep-related deaths.

AMERICAN ACADEMY OF PEDIATRICS GUIDELINES TO SAFE SLEEPING

www.healthychildren.org

SAC HEALTHY BABY

www.sachealthybaby.com

SAFE SLEEP BABY PROGRAM, THE CHILD ABUSE PREVENTION CENTER (CAP CENTER)

Spearheading the Safe Sleep Baby Campaign in Sacramento, the CAP Center offers infant safe sleep training and cribs for new parents in need of a safe place to sleep their baby, and are working with hospitals to adopt policies to provide safe sleep training and cribs to parents.

www.thecapcenter.org

(916) 244-1900

SAFE SLEEP BABY SACRAMENTO VIDEO

<http://www.thecapcenter.org/what/child-safety/safesleepbaby>