

Cribs for Kids

Creating a Safe Sleep Environment for Your Baby

Maternity Care Coalition operates the Philadelphia area's Cribs for Kids program, offering education to new parents and to providers of healthcare, social services, and childcare about:

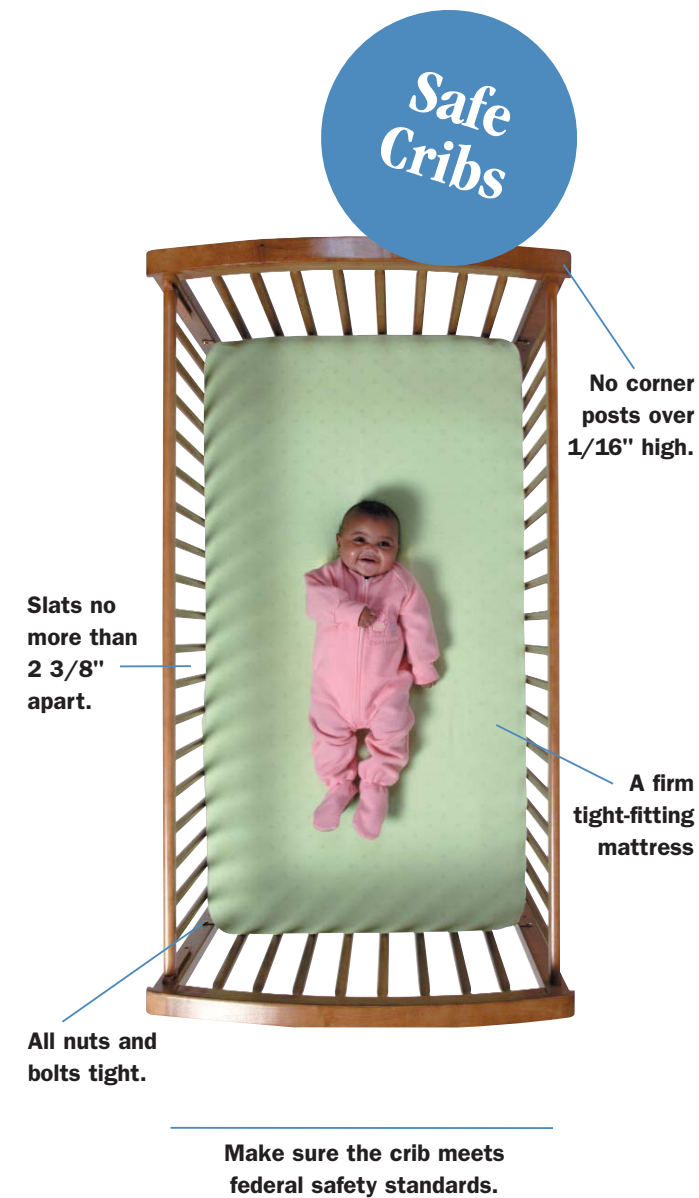
- Safe sleeping environments
- Safe cribs
- Accidental death prevention
- SIDS prevention

Babies are safest sleeping alone in an uncluttered crib, on their back, never on their front or side. If you need a crib...we can help.

For families who cannot afford a crib, Maternity Care Coalition distributes small, portable cribs. **To contact Cribs for Kids, call 215.989.3589.**



This is a sample of the type of crib we offer. Style and size may vary depending on the age and weight of the baby and product availability.



- **A baby should sleep alone in a crib.** Never put your baby to sleep on a sofa, waterbed or other soft surface.
- **Always place the baby on his or her back to sleep.**
- **Use a firm mattress with a tightly fitted crib sheet.**
- **Don't make the room too hot.** If it's cold, dress your baby in a warm sleeper. If you must use a blanket, use only a small, flat infant blanket covering the baby from the chest down, and tuck it under the mattress.
- **Always put your baby back in his or her crib after breastfeeding.**



To find out more, go to the Consumer Product Safety Commission's website at www.consumer.gov/productsafety.htm or call the toll-free hotline at 800-638-2772.

Remember to explain these tips to others who care for your baby!

**For you to rest easy,
your baby must rest alone.**

Adults or children who sleep or nap with an infant are putting the baby at risk of accidental injury or even death.

Risks of bed-sharing

- Babies can roll off the bed and injure themselves.
- Babies can get trapped between the bed and the wall or bed frame and stop breathing.
- A sleeping adult or child may roll over on the baby.
- Sleeping with comforters, blankets, quilts and pillows can be dangerous for babies who can become tangled up or injured in some other way.



**What is
SIDS?**

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby under the age of one year.

SIDS Facts

- SIDS is the leading cause of death in babies from infancy to 1 year.
- African American babies are twice as likely to die of SIDS as white babies.
- Most SIDS deaths occur in the winter months.

Accidental Death

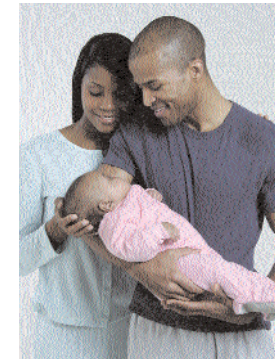
Babies who are not put to sleep safely are at risk of accidental injury or death. This may occur if a baby falls off a bed or sofa, becomes entangled in bedding or gets stuck between a mattress and a wall. A baby can also die when an adult or child rolls over on the baby while sharing a bed.

**It CAN happen...
because it is happening!**

In Philadelphia alone, more babies have died in co-sleeping environments than as a result of child abuse. To prevent a tragedy like this, a baby must sleep alone, in an uncluttered crib.

**Other ways to keep your
baby healthy and safe.**

- Do not smoke around your baby—this goes for you or anyone else around your baby. Smoke increases the risk of SIDS and other health problems.
- Breastfeed your baby if you can. Breast milk has the perfect nutrition for your baby and breastfed babies have fewer colds and ear infections. SIDS rates are lower in breastfed babies.
- Do not overheat your baby—if you are comfortable, your baby is comfortable.
- Let your baby play on his or her stomach while you watch carefully.
- Take care of yourself and your baby—eat well and see a healthcare provider regularly.
- Get all required immunizations for your baby.



Funding for Cribs for Kids comes from:

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| Alpha Kappa Alpha Sorority-
Rho Theta Omega Chapter | Simplicity for Children |
| CJ Foundation for SIDS | W.W. Smith Charitable Trust |
| CVS Charitable Trust | Wawa SIDS Walk |
| Hess Family Foundation | Western Association of Ladies
for Relief of the Poor |
| IBEW - Local 98 | William Penn Foundation |
| Ronald McDonald House
Charities of the Phila. Region | |

And many generous businesses and individuals

**The need is great! To find out how you can help
support Cribs for Kids, call 215-989-3589.**



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Philadelphia Division of
Social Services
Department of Public Health
Department of Human Services

Sleeping Safely

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your baby must rest alone.**



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