



A Healthy Baby Begins with You

Community Baby Shower for Safe Sleep

**Kansas babies are dying too soon and too often.
Here is what we can do about it.**

- The Black Nurses Association will educate pregnant women and their support systems on safe sleep.
- The event is presented in English and Spanish.
- Provide, based upon availability, a safety-approved pack-n-play crib and Sleepsack™ wearable blanket to pregnant women who attend and receive the training.
- Saturday, March 5, 2016
Hour sessions begin every 15 minutes between 11am & 12:15pm
St. Mark United Methodist Church Gym
1525 N Lorraine Ave, Wichita, KS 67214

No RSVP or pre-registration necessary-Just show up!



316-682-1301
kidsks.org

Kansas Infant Death and SIDS Network, Inc.



Children's
Miracle Network
Hospitals
Helping Local Kids

The ABCs of Safe Sleep for Babies



Tell Everyone.

Creating Safe Sleep Environments for Babies

- Place a baby to sleep **Alone**, on their **Back**, in a safety approved **Crib**
- In a smoke-free, well-ventilated room
- Remove all soft, fluffy, loose bedding (including pillows and blankets), toys, stuffed animals from the sleep area
- Bumper pads, wedges and positioners should not be used
- Consider using a wearable blanket to avoid loose blankets in the sleep area
- Always use a firm sleep surface—car seats and other sitting devices are not recommended for routine sleep
- The safest place for a baby to sleep is in a room where others sleep, but not in a shared bed
- Consider offering a pacifier at naptime and nighttime after one month of age
- **Share this information with everyone who cares for a baby**