

First Responders and Law Enforcement

In Kentucky, data shows that many babies die from unsafe sleep. These deaths can be prevented. As First Responders and Law Enforcement, you interact daily with families whose infants may be at the highest risk for the unsafe sleep deaths. Please consider, after the immediate situation of the call is addressed, to watch for homes with infants, and be sure they have a Safe Sleep Space: a crib, bassinet or pack & play, that is free of all items except for a firm mattress and snug fitting crib sheet. Please share information on Safe Sleep with the families you serve and help prevent babies dying from unsafe sleep. Links to free materials are in this flyer. A successful program (D.O.S.E) in Florida can be found at hmhbbroward.org/direct-on-scene-education.

Kentucky Facts About Sleep-Related Death

- Every five days, another Kentucky infant dies in an unsafe sleep setting.
- In 2013, 90% of Kentucky sudden infant deaths had at least one sleep-related risk factor documented. A Safe Sleep environment could prevent these deaths.
- Over half of the sleep-related deaths in Kentucky in 2013 had bed-sharing documented. This is very dangerous and increases the risk that the baby may suffocate.
- In Kentucky, an infant is 70 times more likely to die from unsafe sleep than from a motor vehicle collision.

The ABC's of Safe Sleep Babies Should Always Sleep:



ALONE

Stay Close, Sleep Apart



BACK

On their Back
for Nights and Naps



CRIB

In a Clean, Clear Crib



DANGER

Drinking and drug use can impair the caregiver's ability to care for an infant and make bed sharing even more DANGEROUS. Following the ABCs of Safe Sleep is even more important if the caregiver is impaired.

PLEASE HELP EDUCATE THE FAMILIES YOU SERVE ON THE DANGERS OF UNSAFE SLEEP AND HOW TO PREVENT INFANT DEATHS BY FOLLOWING THE ABC'S.

Where to Get More Information on Safe Sleep

- National Institute of Child Health and Human Development (NICHD) nichd.nih.gov/sts
Includes FREE, customizable, nationally recommended patient education material in English and Spanish, such as door hangers, information for grandparents, and other free resources.
 - [American Academy of Pediatrics \(AAP\)](http://AmericanAcademyofPediatrics.org): healthychildren.org/A-Parents-Guide-to-Safe-Sleep
 - [Cribs for Kids](http://CribsforKids.org): cribsforkids.org
 - [First Candle](http://FirstCandle.org): firstcandle.org
 - [Safe Kids](http://SafeKids.org): safekids.org
 - [Charlie's Kids Foundation](http://CharliesKidsFoundation.org) charlieskids.org
 - [Consumer Product Safety Commission](http://ConsumerProductSafetyCommission.gov): www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs/
- To watch a free video about Safe Sleep:**
- [Safe to Sleep Campaign](http://SafeToSleepCampaign.org): nichd.nih.gov/sts/
 - [Healthy Children \(AAP\)](http://HealthyChildren.org): healthychildren.org/English/Safe-Sleep-for-Babies.aspx



Please refer any family who is in need of a crib to your local health department.

For more information please visit: SafeSleepKY.org or email us at SafeSleepKY@ky.gov

SAFESLEEP
— K E N T U C K Y —

From Cribs for Kids®

In an effort to better protect infants, law enforcement agencies and first responders are partnering with Cribs for Kids® to expand their community policing policies to provide Safe Sleep tips and free portable cribs to families in need.

In partnership with Cribs for Kids, the Washington State Criminal Justice Training Commission has created Infant Sleep Roll Call Training for law enforcement on Safe Infant Sleep and has shared it on YouTube at the link below. Cops N' Cribs was initiated in Washington State to partner with the Bedtime Basics for Babies, a crib distribution program.

[WSCJTC Safe Infant Sleep Roll Call Training](http://WSCJTC.org)

- See more at: CribsForKids.org/CopsAndCribs

To reduce the risk of sleep-related infant deaths such as suffocation, strangulation, and SIDS, the safest way for infants to sleep is: Alone, on their Backs, in their own Cribs. A firm mattress should be used with no soft or loose bedding, comforters, pillows, stuffed animals, or bumper pads. The only thing that should be in the crib with the baby is a pacifier. Infants should never sleep in an adult bed, on a couch, in a chair, or in a car seat, swing, or any other surface not designed for infant sleep.

If a baby doesn't have a crib or other Safe Sleep Space, you can check with Cribs for Kids at CribsForKids.org/find-a-chapter or call your local health department.

From the Kentucky Department for Public Health
Visit safesleepky.org for more information