## Resources

### Need a Baby Box?
Children's Advocacy Center
520.724.5444 | sacacenter.org

### Need a Crib?
1.888.721.CRIB | CribsForKids.org

### Mother to Baby
Meds, pregnancy & Breastfeeding
1.888.285.3410 | MotherToBaby.org

### Birth to Five Help Line
1.877.705.Kids | Ask Us Anything!

### Need an Infant Starter Kit?
FirstThingsFirst.org

### Institute of Child Health and Human Development
SafeToSleep.nichd.nih.gov

### Need More on Suffocation Prevention?
Safekids.org

The Mission of the Children's Advocacy Center is to provide a safe, compassionate and healing environment for children who have been a victim or witnessed a crime.

CHILDREN'S ADVOCACY CENTER
OF SOUTHERN ARIZONA

2329 E. Ajo Way
Tucson, AZ 85713

## NEED HELP? CALL OR VISIT US AT
(520) 724-6600 | SACACenter.org

**The Safe Sleep Program** is supported by

Governor's Office of Youth, Faith and Family

CHILDREN'S ADVOCACY CENTER
OF SOUTHERN ARIZONA

# SAFE Sleep PROGRAM

# A- Alone

## DO

1. Share your room, not your bed.
2. Use firm sleep surfaces, such as a mattress in a safe crib.
3. Place babies on their back every time – at night and for naps.
4. Give babies space to breathe – no pillows, bumpers, blankets, or toys in the crib.

# C- In a Crib

Safe Sleep

# About Our Program

Our Safe Sleep Program trains law enforcement, first responders, EMS, caseworkers, and advocates to identify and address unsafe sleeping conditions in the home.

# B- On my back

## DON'T

1. Share a bed with a baby.
2. Put a baby to sleep in a cluttered crib or bassinet.
3. Put a baby to sleep on their side or on their stomach.
4. Place babies to sleep on unsafe sleep surfaces such as couches and chairs, or in places that are not designed for a baby.