RESOURCES

Need a Baby Box?
Children's Advocacy Center
520.724.6600 | sacacenter.org

Need a Crib?
1.888. 721.CRIB | CribsForKids.org

Mother to Baby Experts:
Meds, Pregnancy & Breastfeeding
1.888.285.3410 | MotherToBaby.org

Birth to Five Help Line
877.705.Kids | Ask us anything!

Need an Infant Starter Kit?
1st things 1st.org

National Institute of
Child Health and Human Development
safetosleep.nichd.nih.gov

Need More on Suffocation Prevention?
safekids.org

SAFE Sleep PROGRAM

CHILDREN'S ADVOCACY CENTER
OF SOUTHERN ARIZONA

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

Every 5 days in Arizona,

A BABY SUFFOCATES while sleeping.

DON'T

- **Share a bed** with a baby
- Put them to sleep in a **cluttered crib**
- Put them to sleep **on their side or on their stomach**
- **Leave them** on surfaces unsafe for sleeping, like couches and chairs

DO

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