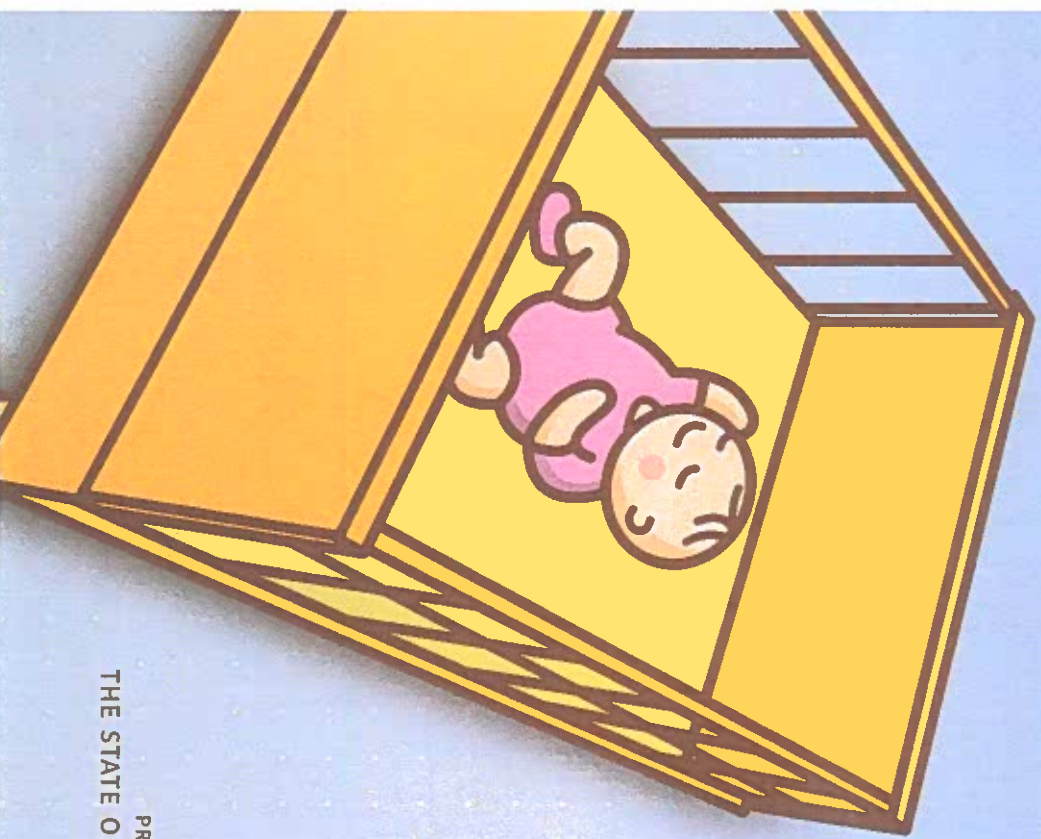


When babies sleep safe,
we rest easy

A Safe Sleep Guide for Parents



PROVIDED BY:
THE STATE OF HAWAII

Your baby means the world to you and we know that leaving your child with any caregiver can be stressful. Make sure your baby sleeps safe in your home and theirs by doing the following...

Be open with your caregiver

It's okay to ask questions. Asking questions means you care. Ask the people caring for your child how and where they plan to put your baby to sleep. Your baby's caregiver should be understanding of all your questions and concerns. Here are some questions that may be helpful:

- Where will my baby be napping or sleeping? May I see where he/she will be sleeping?
- Would you please move baby from a car seat or swing to a playpen or crib if he/she falls asleep?
- Will you have a monitor if you are not in the same room as baby when he/she sleeps? (Note: you can also offer to bring or provide a monitor if it's a family member or friend)
- Our doctor says it's safest for baby to sleep flat on his / her back. Can you please make sure my baby is always put down on his / her back?

If you're worried, say something

It's okay to be worried about leaving your baby with someone. You can help alleviate some of your worry by bringing up any concerns you have with your child's caregiver. It's best to raise your concerns as soon as you have them, so that you and your caregiver can discuss and work through it quickly, relieving your worries.

If your caregiver is a relative...

Remember that we have come a long way over the last several decades and there have been changes that the medical community now advises that may be different from what other parents have learned. Medical research continues to update the ways to reduce risks for sleeping babies and advises that it is safest for babies to be placed on their backs to sleep.

We encourage you to talk to your relative caregivers in an open manner that allows you to have a conversation about how safe sleep practices have changed over time and why that's good for you and your whole family.

If your caregiver is a non-relative...

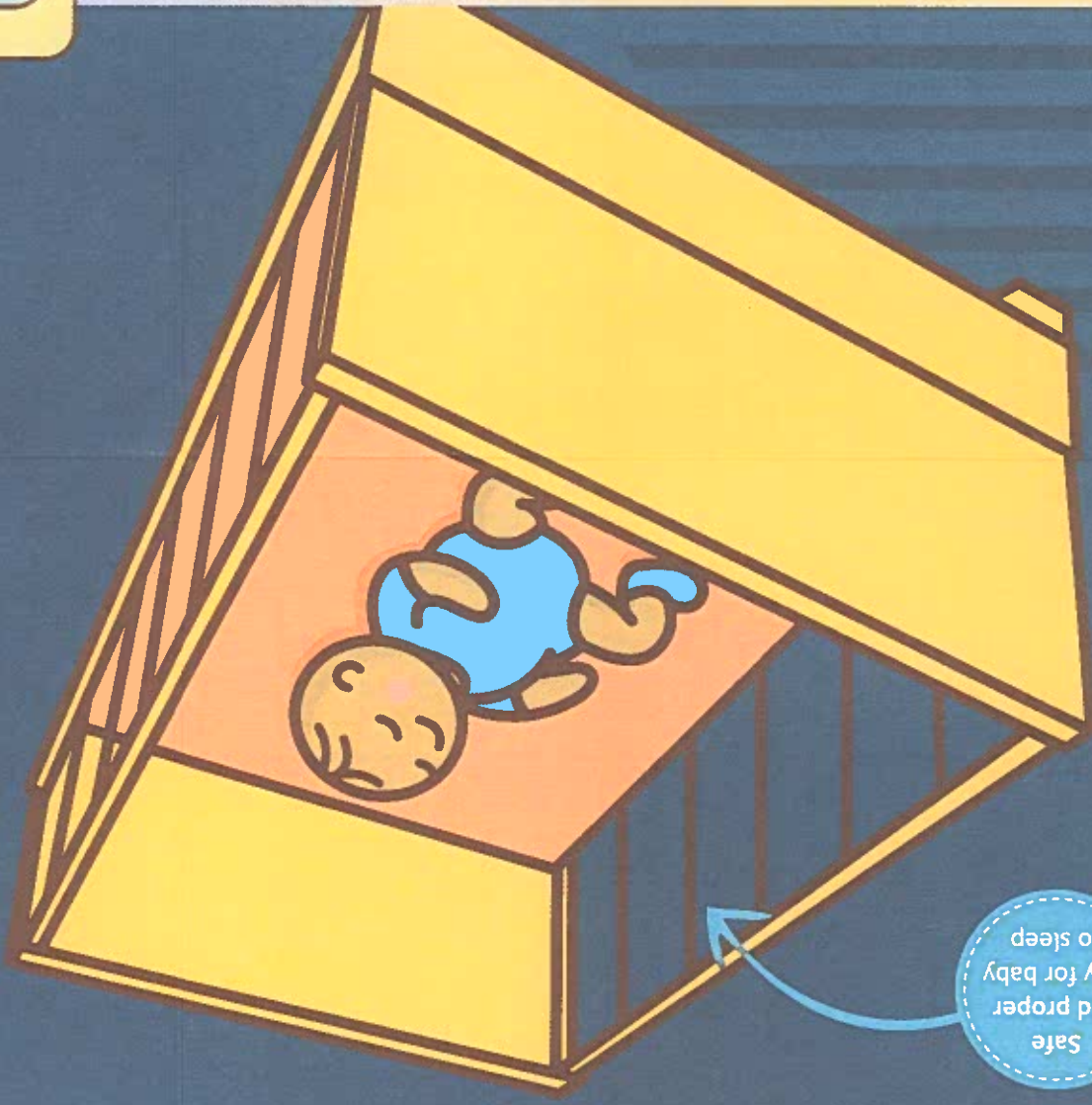
You should ask any caregiver where and how they plan to put your baby to sleep. You have a right to inspect the playpen or crib where your baby will be sleeping. Get to know the place where your baby will be spending time. It will help reduce your worry.

All providers licensed by or registered with the Department of Human Services must go through annual safe sleep training and have written DHS-licensed or registered child care provider, contact the local child care licensing unit (humanservices.hawaii.gov).

Baby Sleeps Best with the ABCs...

Here are some things you can remember so that you and your baby's caregiver can help your baby get the safest sleep possible.

Safe and proper way for baby to sleep



Child Care Providers... Don't make this mistake!

No leaving baby in car seat for extended periods of time



No leaving baby in swing or hammock once they've fallen asleep



We recommend

No smoking in the home



No stuffed animals or toys in the crib and only one child per crib



No baby on an air mattress or a feeding pillow (e.g. boppy)



No baby on a couch



in a Crib

- A crib in this sense can include a crib, playpen or bassinet that is CPSC (Consumer Product Safety Commission) approved.
 - The crib should have a tight-fitted sheet.
 - Move infants who have fallen asleep in swings, hammocks, baby slings, strollers, or car seats into a crib, playpen or bassinet.
- Relative or non-relative, if your baby's caregiver has any questions or needs more information about safe sleep practices, please ask them to visit www.safesleephawaii.org.

on their Backs

- Place infants on their backs to sleep always.
- Infants must sleep flat on a firm surface.
- Dress children in cool clothes so they do not get too warm.

Alone

- The safest place for your baby to sleep is in his or her own crib or playpen in the same room as you.
- Infants must sleep alone in an empty crib—keep toys, bumpers, pillows, and blankets out of the crib or playpen.

Infants should always sleep...



PLEASE READ THIS IMPORTANT LETTER
Don't let a preventable infant death happen...

Unsafe sleep environments and unsafe sleep positions will increase your child's risk of death. Grandma or Auntie might tell you not to worry about such things, but it's not some myth—it's a heartbreaking truth. I know this because my sweet, healthy, robust, baby boy Wiley passed away in an unsafe sleep environment at his day care when he was almost 4-months old. I miss my Wiley every day. I feel his loss like a gaping wound in my chest that will never heal. It is so difficult knowing that he should not have died, that his death was completely preventable.

As a parent we protect our babies fiercely. We know they need healthy food, safe toys, and sturdy car seats. Don't forget that they absolutely need safe sleep environments and safe sleep positioning as well. Don't hesitate to make sure anyone caring for your child is aware of this too. Don't ignore red flags. Don't worry that you will offend someone. If you suspect family members or a child care provider are not following safe sleep practices (or other health and safety protocols) don't just let it go. Your baby cannot advocate for itself, so you must do it for him or her. This is literally a matter of life and death. It is too late to save Wiley, but I hope by sharing our story, other needless deaths might be prevented

— The King 'Ohana

CONTACT INFO:

Department of Human Services
www.human-services.hawaii.gov

Department of Health
www.health.hawaii.gov

Safe Sleep Hawaii!
www.safesleephawaii.org

Child Care Resource and Referrals – PATCH
(808) 839-1988

Keiki Injury Prevention Coalition – KIPC
www.kipchawaii.org

MothersCare
(808) 951-6660

The Parent Line
(808) 526-1222 (O'ahu) or
1 (800) 816-1222 (toll free)