

# October is SIDS and Safe Sleep Awareness Month:

## *How your workplace can get involved*



In honor of SIDS and Safe Sleep Awareness month, the Louisiana Department of Health's Bureau of Family Health encourages you to set up a display in your workplace to demonstrate safe sleep practices and/or provide safe sleep information to parents and caregivers. Many people have heard of SIDS, but many do not understand that accidental suffocation and strangulation in bed is the main reason babies die while they sleep. Use [GiveYourBabySpace.org](http://GiveYourBabySpace.org) tips and materials to show parents and caregivers how they can lower every baby's risk of SIDS and suffocation through safe sleep practices

## How to Setup a Safe Sleep Display in Your Workplace

### **If you DO have space...**

If you have enough space to present a full display, such as a lobby, office, waiting room or display area in a store, you can model safe sleep practices by setting up a crib or pack n play. It should have a firm mattress with nothing but a tightly fitted sheet, and a baby doll shown sleeping on their back. Include signage to explain to patients that this is what a safe sleep environment looks like. In addition, you can set up an information table with free safe sleep materials from [GiveYourBabySpace.org](http://GiveYourBabySpace.org).

### **If you DO have space AND have someone available to make the display interactive...**

If you have a lot of space and someone available to make the display interactive, you can set up 2 cribs or pack n plays to show the difference between safe and unsafe sleep environments. The safe sleep crib or pack n play should have a firm mattress with nothing but a tightly fitted sheet. The unsafe sleep crib or pack n play should have items such as stuffed animals, crib bumpers and blankets in it.

Have an employee or volunteer ask patients to choose which crib or pack n play they think is safest and place a baby doll into it in the sleeping position that they think is safest. Based on what the patient does, the person running the display can provide them with feedback. The employee or volunteer can also have the patient "correct" the unsafe crib by removing blankets, bumpers and other soft objects and placing the baby doll on its back. Provide participants with [GiveYourBabySpace.org](http://GiveYourBabySpace.org) safe sleep materials to take home.

### **If you do NOT have much space...**

If you don't have enough space or the materials needed to set up a display with a crib or pack n play, you can set up an information table with free safe sleep materials from [GiveYourBabySpace.org](http://GiveYourBabySpace.org).

## How to Order Give Your Baby Space Materials

Fill out the order form on our website, [giveyourbabyspace.org/order-materials](http://giveyourbabyspace.org/order-materials), to let us know what you need, and we will mail the safe sleep materials to your facility. Free materials include flyers and postcards. You can also download and print out our [Safe Sleep Checklist](#) as needed.

## For More Information

For information about the Bureau of Family Health, visit [PartnersforFamilyHealth.org](http://PartnersforFamilyHealth.org). To get involved in additional infant mortality prevention activities, contact your local Maternal and Child Health Coordinator. Find local contact information here: [1800251baby.org/provider/bureau-of-family-health/#mortality-surveillance](http://1800251baby.org/provider/bureau-of-family-health/#mortality-surveillance).