

Enjoy your grandbaby

- Do not place babies on their stomachs to sleep.
- Do not allow babies to sleep with adults or other children.
- Keep toys, blankets and pillows away from sleeping babies.
- Make sure ALL cribs and baby beds are safe and the mattresses are firm.
- Protect your grandbaby from tobacco smoke.

For more information:

Hold Out The Lifeline (904) 359-6124
Northeast Florida Healthy Start Coalition (904) 723-5422
First Candle SIDS Alliance 1-800-221-7437



For Grandma's Eyes Only

Special instructions for
your new grandbaby

Facts about Crib Death (SIDS)

- The #1 cause of death for Black babies under one year old.
- Babies sleeping with adults or children are at higher risk for crib death
- Breast-fed babies are less likely to die from crib death.
- Babies sleeping on their backs are less likely to die from crib death.



Look for that angel smile. You should always see the face first.

What can I do to help protect my grandbaby?

What every grandparent should know about crib death

- Babies sleep safer on their backs.
- Babies are safer sleeping alone with no clutter or dangerous objects in their beds.
- Grandparents can help protect babies against crib death by sharing this information.
- Crib death is the same as Sudden Infant Death Syndrome (SIDS).
- Tobacco smoke increases the risk of crib death.
- Cuddly toys, soft blankets, too much cover and padding are unsafe.



As loving grandparents, you can help teach young moms about crib death. Tell them the facts about safe sleep. **Babies are safer on their backs.** More Black babies die from crib death than

other babies. Pass the word to baby sitters, relatives, neighbors, church nursery workers, daycare workers and close friends.

Put babies to sleep on their backs.

Crib Death (SIDS)

- Is not contagious.
- Is not caused by immunizations.
- Is not caused by child abuse.