

local resources available

for more information, contact:

Your Doctor

Local Health Departments

Baker: 904.259.6291
Clay: 904.269.6340
Duval: 904.253.1000
Nassau: 904.548.1800
St. Johns: 904.825.5055

First Candle – SIDS Alliance
800.221.SIDS (800.221.7437)

Healthy Mothers, Healthy Babies
of North Florida, Inc.
(Cribs for Kids)
904.854.7100

Florida SIDS Alliance
800.SIDS.FLA (800.743.7352)

Northeast Florida Healthy Start Coalition
904.723.5422

Funded by the CJ Foundation for SIDS

**Remember safe sleeping for
naps & at night.**

Questions?
Ask your doctor.

safe sleep for babies

for naps & at night



Northeast Florida Healthy Start Coalition
644 Cesery Blvd., Suite 210
Jacksonville, Florida 32211
Ph. (904) 723.5422
Fax (904) 723.5433

do.



Help Protect Babies.
Share this information with
your friends!



- Baby is on his/her back for naps & at night.
- Baby is alone in bed.
- There is no smoking near baby.
- No pillows, stuffed animals, bumper pads or toys are in the crib with baby.
- If a blanket is used, it is tucked in. The blanket is not thick.
- Baby is on a firm mattress. The sheet fits tightly.
- Baby is in a safe crib.
- Baby is dressed in light sleep clothing.

why?

- Babies who sleep on their stomachs are three times more likely to die of Sudden Infant Death Syndrome (SIDS).
- Babies don't choke when they sleep on their backs.
- Babies are comfortable when they sleep on their backs.
- Adults and children can smother a baby when they sleep on a bed or couch together.
- Pillows, blankets, stuffed animals, bumper pads and other soft items in a baby's bed can smother a baby.
- You can see the baby better when there is not a lot of stuff in the crib.
- Babies are two times more likely to die of SIDS when they are too hot or breathe smoke.

don't.

