

Keep Your Baby Safe

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death



ALONE

Always put baby to sleep alone.



BACK

Always put baby on their back to sleep, at night and for naps.



CRIB

Put baby in a safe sleep environment, like a crib or baby box.

- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Your baby should NOT sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Use a firm sleep surface covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
 - Get regular health care during pregnancy
 - Breastfeed your baby
 - Not drink alcohol or use illegal drugs during pregnancy or after the baby is born.
- Do not let baby get too hot during sleep. Dress baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Do not smoke or let anyone smoke around your baby.



Safe Sleep Environment - The Baby Box



Because Piqua Cares about Safe Sleep Environments for babies, the Piqua Health Department proudly supports The Baby Box distribution program at Fusion, 421 Broadway, Piqua, 937-916-3252, office@fusionucc.org, www.fusionucc.org (for more information).

The Ohio Baby Box program is a partnership that hopes to lower the infant mortality rates in Ohio, where rates are some of the worst in the nation. Parents can sign up to take a course through Baby Box University, which teaches prenatal health, breastfeeding, safe sleep practices and newborn care.

After completing the program, parents will receive a Baby Box, a durable cardboard box that can be used as a baby's bed for the first months of life. The box also includes baby care products.

Ohio currently ranks 43 out of 50 states for the most significant infant mortality rates across the nation. According to Ohio Infant Mortality Data report, Ohio's infant mortality rate rose to 7.2 deaths per 1,000 live births in 2015, compared to 6.8 deaths per 1,000 live births in 2014.

How to get a Baby Box:


Register for free online at babyboxuniversity.com as an Ohio resident. Be sure to include correct contact information, including mailing address.

- Watch the 10-15 minute Ohio syllabus at babyboxuniversity.com. After taking a short quiz, parents will receive a certificate of completion and be able to select local pick-up or direct delivery of your Baby Box.
- For direct delivery, a Baby Box will ship to the provided address. If local pick up is selected, take the Baby Box University certificate to Fusion to collect the Baby Box.
- Fusion also provides a learning center with computers available to sign up for the program. Contact them using the information in the box above if you would like to take The Baby Box University course and receive your box in the same visit.



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