

## Healthy New Moms

# Resources for Safe Infant Sleep

Each year, there are approximately 3,400 sudden unexpected infant deaths (SUID) in the United States. These deaths occur among infants less than 1 year old. The three most reported types of SUID include the following:

Sudden Infant Death Syndrome (SIDS)

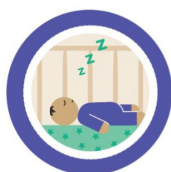
Unknown Cause

Accidental Suffocation & Strangulation in Bed

Parents and caregivers (all other persons caring for a infant) can help reduce the risk of SIDS and other sleep-related infant deaths by learning the ABCDs of safe sleep:



Alone



Back



Crib



Don't  
Smoke

**It's important for all caregivers – parents, grandparents, aunts, uncles, babysitters, child care providers, and everyone who might care for baby – to learn about safe infant sleep to help reduce a baby's risk.**

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## National Resources

**Safe to Sleep Campaign - NIH** | 1-800-505-CRIB (1-800-505-2742) | The Safe to Sleep campaign, helps educate millions of caregivers – parents, grandparents, aunts, uncles, babysitters, child care providers, health care providers, and others – about ways to reduce the risk of SIDS and other sleep-related causes of infant death.

**Safe Sleep - American Academy of Pediatrics** | A collection of tools and resources to help pediatricians and healthcare professionals provide education and guidance to parents and caregivers on infant safe sleep.

## Statewide & Local Resources

**The Family Tree 24/7 Parenting HelpLine** | 800-243-7337 | Free & confidential advice, community resources, and support for parents & caregivers.

**Maryland Tobacco 24/7 Quitline** | 800-784-8669 | Free services to help stop smoking and become tobacco free.

**HealthCare Access Maryland Safe Sleep Program** (*Baltimore City*) | 410-649-0526 | Provides safe sleep and family planning education, assessment, referral, and provision of a portable crib to qualifying *Baltimore City* residents.

## Education

**Safe Sleep Media Center, Healthy Babies Baltimore** | Learn about keeping babies safe during sleep, including stories, frequently asked questions, and support.

**What Does A Safe Sleep Environment Look Like?** | Safe to Sleep Campaign

**Sleep Safety FAQ + Basics** | Safe to Sleep Campaign

**Breastfeeding & Safe Sleep, Safe to Sleep Campaign** | Safe to Sleep Campaign | Educational videos that explain ways to practice safe infant sleep and breastfeeding.

**Safe Sleep Academy** | Cribs for Kids National Infant Safe Sleep Initiative | Helps prevent infant deaths by educating parents and caregivers on the importance of practicing safe sleep and providing portable cribs to families who cannot afford a safe place for their babies to sleep.

## Caregiver Support

**Videos for Grandparents & Caregivers** | Safe to Sleep Campaign

**Safe Sleep in Child-Care Settings** | National Action Partnership to Promote Safe Sleep & National Institute for Children's Health Quality | Recommendations for reducing the risk of sudden infant death.

## SUID Infant Loss Support

**Center for Infant & Child Loss** | University of Maryland Department of Pediatrics | 800-808-7437 | Works with Maryland families and communities facing the sudden unexpected death of their infant or child as they learn to live with their loss.

**Support Groups by County in Maryland** | Center for Infant & Child Loss, University of Maryland Department of Pediatrics

**Find A SIDS Support Group** | SIDS America



Healthy New Moms is a program of the Mental Health Association of Maryland with support from the Maryland Department of Health - Behavioral Health Administration. For more information, please visit our website, [www.healthynewmoms.org](http://www.healthynewmoms.org).