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Social Services | Public Health | Mental Health

news release

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National campaign shares safe sleep tips for babies

Public Health officials are reminding parents and caregivers to provide a safe sleeping environment for babies to help reduce the risk of sudden infant death syndrome (SIDS).

"Creating a safe sleep environment not only helps prevent SIDS from occurring, but can also give parents more peace of mind knowing they are using safer methods to reduce risks," said Michele Stephens, Public Health Director for the Humboldt County Department of Health & Human Services (DHHS).

Because October is SIDS Awareness Month, staff from DHHS's Maternal, Child & Adolescent Health Programs (MCAH) and the Safe Sleep Subcommittee and partnering agencies put together an educational display at the Bayshore Mall about safe sleep environments for babies.

The Centers for Disease Control and Prevention offers the following safe sleep tips.

- Place babies on their backs to sleep
- Use a firm sleep surface, such as a mattress in a safety-approved crib or bassinet, covered only by a fitted sheet
- Share your room with your baby, but not your bed
- Keep soft objects, such as pillows and loose bedding out of your baby's sleep area
- Do not allow smoking around your baby.

For more information about safe sleeping, visit <https://www.cdc.gov/features/sidsawarenessmonth/index.html> or call MCAH at 707-445-6210.

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