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Social Services | Public Health | Behavioral Health

## news release

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Oct. 5, 2021

### National campaign promotes 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 or SIDS.

October is SIDS Awareness Month and Humboldt County Department of Health & Human Services (DHHS) Maternal, Child & Adolescent Health Programs (MCAH) staff are distributing gift bags for new mothers during the month. The gift bags contain a 100% cotton HALO sleep sack as well as information on safe sleep and tummy time.

DHHS's Public Health Director Sofia Pereira said, "As parents and caregivers, keeping our children safe and healthy is our top priority. There are concrete steps we can take to reduce risks and prevent SIDs."

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 [cdc.gov/sids/Parents-Caregivers.htm](https://www.cdc.gov/sids/Parents-Caregivers.htm) or call MCAH at 707-445-6210.

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