



# LA COUNTY INFANT SAFE SLEEPING CAMPAIGN

Visit [www.ican4kids.org/safesleep](http://www.ican4kids.org/safesleep) for more information

Over the past three years, more than 200 infants under the age of one have died as a result of unsafe sleep practices in Los Angeles County. This includes babies accidentally smothered by bed-sharing with adults, or suffocated by clutter including toys and blankets in the sleeping area. Unsafe Sleeping is the leading cause of preventable infant death in Los Angeles County.

The LA County Inter-Agency Council on Child Abuse and Neglect (ICAN) and its 501(c)3 non-profit organization, ICAN Associates, have partnered with First 5 LA in a two-year Infant Safe Sleeping Campaign to save families from the preventable tragedy of losing their young infants due to unsafe sleeping practices.

## REQUEST AN INFANT SAFE SLEEPING PRESENTATION

As a county wide campaign is being developed, the Infant Safe Sleeping Campaign is available to arrange presentations about infant safe sleeping to professionals and community members. Please contact Campaign Project manager, Jessica Spearman (contact information below), for more information.

## REQUEST MATERIALS

Materials, including “**A Space of My Own: Reducing Sleep-Related Infant Deaths in LA County**” training video for professionals and “**Safe Sleep Tips for Infants**” Pamphlets (in English and Spanish), are available. Please contact Campaign Project Assistant, Connie Sanchez (contact information below), to request DVD copies and pamphlets.

**Remember, babies need to be kept safe at all times, even while they sleep!**

## IMPORTANT INFANT SAFE SLEEPING PRACTICES

- **Back to sleep for every sleep.**  
Parents and caregivers should always place infants on their backs for naps and at night.
- **Place babies to sleep on a firm sleep surface.**  
A crib, bassinette or portable crib/playpen with a firm mattress is recommended.
- **Keep your baby’s sleep area close to, but separate from, where you and others sleep.**  
Room sharing without bed-sharing is recommended.
- **Keep soft objects and loose bedding out of the crib to reduce the risk of SIDS and suffocation.**  
Soft objects, such as pillows and pillow-like toys, blankets, and bumper pads should be kept out of a baby’s sleeping environment.
- **Breastfeeding is recommended, as it is associated with a reduced risk of SIDS.**  
Be careful about breastfeeding in bed or any situation where you may fall asleep with your baby while breastfeeding. Always place the baby back in his or her crib or bassinette once breastfeeding is done.
- **Regulate temperatures never allowing your baby to get overheated.**  
Heavy blankets and warm rooms are not recommended for babies as each might lead to the overheating of the baby. The area where the baby sleeps should be well ventilated at a temperature that is comfortable to a lightly clothed adult.
- **Supervised, awake “tummy time” is recommended.**  
Although babies should always be placed to sleep on their backs for naps and at night, supervised, awake “tummy time” is recommended on a daily basis.

**Jessica Spearman, Infant Safe Sleeping Campaign Project Manager**

ICAN Associates  
4024 N. Durfee Avenue  
El Monte, CA 91732  
626-455-4585  
[ican.jspearman@gmail.com](mailto:ican.jspearman@gmail.com)

**Connie Sanchez, Infant Safe Sleeping Campaign Project Assistant**

ICAN Associates  
4024 N. Durfee Avenue  
El Monte, CA 91732  
626-455-4585  
[ican.csanchez@gmail.com](mailto:ican.csanchez@gmail.com)