

BABIES WHO SLEEP ALONE IN A CRIB, ON THEIR BACK, WITHOUT BUMPER PADS, BLANKETS, TOYS OR PILLOWS ARE LESS LIKELY TO DIE FROM SIDS!



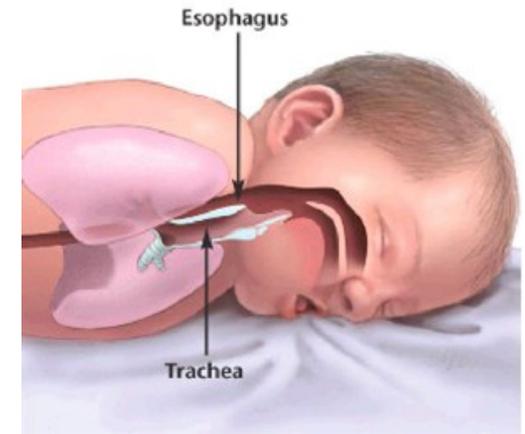
The Clark County Health Department is pleased to offer the Cribs for Kids Program. SIDS (Sudden Infant Death Syndrome) is the major cause of death in infants from 1 month to 1 year of age, with most deaths occurring between 2 and 4 months. It is sudden and silent. Death is often associated with sleep and with no signs of suffering. It is a recognized medical disorder. SIDS is **NOT** preventable, but the risk can be reduced!

## Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

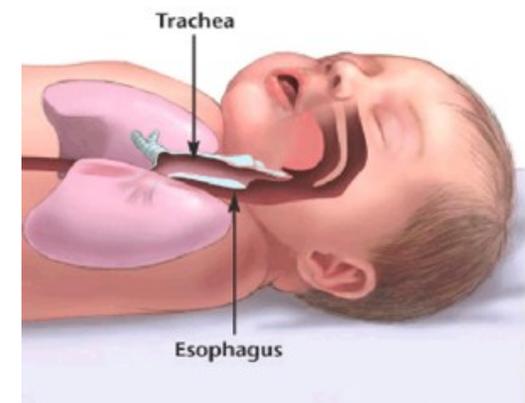
- Always place your baby on his or her back to sleep, for naps and at night
- Place your baby on a firm sleep surface, such as a safety-approved crib mattress, covered by a fitted sheet
- Keep soft objects, toys, and loose bedding out of your baby's sleep area

Do not allow smoking around your baby

- Keep your baby's sleep area close to, but separate from, where you and others sleep
- Think about using a clean dry pacifier when placing your baby down to sleep
- Do not let your baby overheat during sleep
- Avoid products that claim to reduce the risk of SIDS



When babies sleep on their backs, they are less likely to aspirate (choke) if they were to vomit. As shown in the picture, when a baby is on his/her back the esophagus (the tube where food travels from your mouth to your stomach) is below the level of the trachea (windpipe) making it harder for fluid to enter the trachea and go into the lungs. Because of this anatomy, babies are much safer sleeping on their backs rather than their tummies.



## Cribs for Kids Program Includes:

1. Educational Session with a Registered Nurse
2. Presentation and Review of Educational Materials Related to Safe Sleep Practices
3. Demonstration and Assembling of Pack N Play Crib
4. Pack N Play Crib provided to caregiver by the Public Health Department for a requested donation of \$20.00.
5. Follow up phone call/visit by Registered Nurse

### Who is Eligible?

Any Clark County Family that displays a need based on two of the following:

- WIC Enrolled
- Medicaid/BadgerCare Enrolled
- Wisconsin Works (W-2) Cash Assistance
  - Food Shares
- Free/Low Cost School Meals
- Prenatal Care Coordination through the Health Department

If you or someone you know needs assistance in making sure their baby has a safe place to sleep, please do not hesitate to call.

Clark County Health Department,  
(715) 743-5105

Toll Free 1-877-743-5105

**This program is supported by  
the Clark County United Way**



### CRIBS FOR KIDS

Clark County Health Department  
517 Court Street RM 105  
Neillsville, WI 54456  
(715)743-5105  
Toll Free 1-877-743-5105

**CRIBS**  
FOR  
**KIDS**<sup>®</sup>  
...it's for the babies

**CREATE A SAFE  
SLEEP ZONE FOR  
YOUR BABY!**