SAFE SLEEP SPOTLIGHT

SAFE SLEEP IN THE NEWS

Bare or Co-Sleep? Recommendations to Ensure Baby’s Safety

Research continues to evolve on the topic of baby sleep safety, with recent studies highlighting the importance of co-sleeping in certain circumstances. The American Academy of Pediatrics (AAP) has updated its recommendations to provide guidance on safe co-sleeping practices. Moving forward, parents are encouraged to prioritize creating a safe and secure environment for their baby's sleep. The new guidelines recommend placing the baby in a sleep environment that is free from risk factors, such as soft bedding and overcrowding. Parents are advised to consider factors such as their own sleep patterns and the baby's individual needs. The AAP emphasizes the importance of open communication and support among caregivers to ensure a safe sleep environment for the baby.

LEARN MORE

PARTNER RESOURCES

FREE SAFE SLEEP IMAGES FOR PARTNER USE

Updated APN Infant Safe Sleep Guidelines

The American Public Health Association (APHA) and the American Academy of Pediatrics (AAP) have issued updated guidelines for infant safe sleep. The guidelines emphasize the importance of ensuring a safe sleep environment for infants, including the use of a firm sleep surface, avoiding overheating or over-clothing, and maintaining a comfortable sleep temperature. These guidelines aim to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths. The APHA encourages partners and organizations to share these guidelines to promote safe infant sleep practices.

VIEW THE GUIDELINE

2022 APP Infant Safe Sleep Guidelines

The AAP has released updated guidelines for infant safe sleep. The guidelines stress the importance of creating a safe and secure sleep environment for infants, including the use of a firm sleep surface, avoiding overheating or over-clothing, and maintaining a comfortable sleep temperature. The guidelines also recommend monitoring babies for signs of distress during sleep and ensuring they are monitored by a sleep professional. The AAP encourages partners and organizations to share these guidelines to promote safe infant sleep practices.

VIEW THE GUIDELINE

SUMMER SNAPSHOT KIT

Up-to-date information and resources for partners and organizations. Stay informed about the latest developments in infant safe sleep and ensure that you are providing accurate and reliable information to your audience.

VIEW THE SUMMER SNAPSHOT KIT

UPCOMING EVENTS

Safe and Secure Infant Sleep Awareness Month

As part of the Safe and Secure Infant Sleep Awareness Month, partners and organizations are encouraged to participate in events and activities that promote infant safe sleep practices. These events aim to educate parents and caregivers on the importance of creating a safe and secure sleep environment for infants. The month-long campaign emphasizes the role of partners and organizations in promoting safe sleep practices and reducing the risk of SIDS and other sleep-related deaths.

CHECK HERE FOR UPDATES ON THE EVENT

SPOTLIGHT ON NEW PARTNERS

WELCOMING NEW PARTNERS:

- Northumbria Healthcare
- University of Washington School of Public Health
- Emory University School of Medicine
- University of California, San Francisco
- Harvard University School of Public Health
- Duke University School of Medicine
- Brown University School of Medicine
- Brigham and Women's Hospital

THANK YOU FOR JOINING US AS OUR PARTNER

To start your month with active participation,

- Visit the Safe Sleep Spotlight Partner page on our website.
- Follow us on Twitter and Facebook.
- Engage with our online community.

FOLLOW US ON TWITTER @CribsKids

FOLLOW US ON FACEBOOK

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SUPPORT THE CRIBS & KIDS PROGRAM:

To support the Cribs & Kids program, please consider making a donation to the American Public Health Association. Your donation will help to fund the program and ensure that we can continue to provide valuable resources and support to parents and caregivers around the world. For more information on how to donate, visit our website or contact us directly.