Dignity Health
St. Rose Dominican

SAFE SLEEP SUPPORT

IN PAHRUMP

Request a Cribs for Kids class and learn about safe sleep and portable-crib support.

CLASSES BY APPOINTMENT ONLY

Scan to apply online

tailyn@thevillage702.org
thevillage.breatheasy.net/cribs-for-kids



Cribs for Kids®
Helping every baby sleep safer

ABOUT
CRIBS FOR KIDS

Cribs for Kids is a national non-profit organization whose mission is to reduce infant sleep-related deaths by educating the public about infant safe sleep practices and providing portable cribs to families in need through our network of Cribs for Kids Partners.

LEARN MORE AT
www.cribsforkids.org

NEVADA DIVISION of PUBLIC and BEHAVIORAL HEALTH

NORTHERN NEVADA Public Health

SNHD Southern Nevada Health District

CCHD CENTRAL NEVADA HEALTH DISTRICT

CARSON CITY HEALTH & HUMAN SERVICES

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12 STEPS FOR SAFE SLEEP



12 Steps for Safe Sleep

Step 1



Place baby on their back to sleep for every sleep

Step 2



Place baby on a firm, flat, mattress in a safety-approved crib, bassinet, or pack-and-play for every sleep

Step 3



Feed baby breast milk for at least the first two months and ideally six to twelve months to lower the risk of death

Step 4



Room share with baby in their separate safe sleep space for at least the first six months

Step 5



Remove everything from baby's safe sleep space except for a tightly fitted sheet and pacifier

Step 6



Use a pacifier for naps and at night to reduce the risk of death by 50%

Step 7



Avoid smoking, vaping, and impairment during pregnancy and while caring for baby

Step 8



Dress baby for sleep to avoid overheating, follow safety tips for swaddling, and no hats

Step 9



Attend all scheduled medical appointments for mother and baby and keep up with baby's vaccinations

Step 10



Use caution when buying products and devices for baby and always practice safe sleep

Step 11



Practice Tummy Time to increase baby's strength and encourage proper development

Step 12



Spread the Safe Sleep message in your community

Practice these 12 steps for the first 12 months.

Safe Sleep AMBASSADOR

Saving little lives is a big deal! Take the next step, become a Safe Sleep Ambassador, and spread the Safe Sleep message in your community!

Scan the QR Code below to take the free, online Safe Sleep Ambassador training to learn more about infant safe sleep.

