



# Grandparents and their Grandbabies



## PRACTICE SAFE SLEEP

Your children look up to you for your guidance, wisdom, and experience. Your advice plays an important role in the parenting choices they make. Since the time that you had your last child, there has been a lot of research on the causes of infant sleep-related deaths.

### LEADING CAUSE OF DEATH

More than 3,600 babies in the U.S. die suddenly and unexpectedly every year while sleeping, making it the leading cause of death of babies over 1 month of age, according to the Centers for Disease Control and Prevention (CDC, 2017).

### HELP REDUCE THE RISK

The best way to reduce the risk of sleep-related deaths are to use the **ABCs**



**A** Alone  
**B** on the **B**ack  
**C** In a **C**rib

### SAFE SLEEP

- Put your grandbaby to sleep **ALONE**.
- Put your grandbaby on their **BACK** for every sleep and naptime.
- Use a **CRIB** with a firm mattress/surface and use only a fitted sheet.
- Avoid bed-sharing with your grandbaby, you can keep the crib next to your bed instead.
- Keep all objects out of the crib including soft objects, loose beddings, pillows, blankets, and bumpers. Consider using a sleep sack or wearable blanket.



This sleep area has no pillows, no blankets, no bumpers or any other objects. The baby is **ALONE**, on his **BACK**, and in a **CRIB** with a fitted sheet. 

- Avoid overheating by not using hats, blankets, or overdressing your grandbaby.
- Avoid smoke exposure around the grandbaby.
- Encourage breastfeeding. Breastmilk reduces the risk of sudden infant death.

### To Learn More About Our Safe Sleep Resources

Call (209) 468-3004 or (209) 953-7074  
Visit [www.sjcphs.org](http://www.sjcphs.org)

420 S. Wilson Way, Stockton, CA 95205