Sleep-related infant death is often linked to how and where a baby sleeps and can be caused by accidents, including:

- **Suffocation** – when a loose or soft object, such as a pillow or blanket, covers your baby’s airway.
- **Entrapment** – when baby gets trapped between two objects, such as a mattress and wall, and can’t breathe.
- **Strangulation** – when something presses on or wraps around baby’s neck, blocking their airway.

**Do you know what a safe sleep environment looks like for babies?**

Create and maintain a safe sleep environment for your baby by following these tips:

- Babies sleep safest on their backs for all sleep times, including naps.
- Room sharing is safer than bed sharing. An adult bed, a couch or a chair are dangerous sleep areas for baby.
- Use a firm sleep surface covered by a fitted sheet.
- Do not use a car seat, carrier or swing as a sleep area.
- Avoid soft surfaces, such as on a couch or sofa, pillows, quilts, sheepskins or blankets.
- Keep soft objects, toys, crib bumpers and loose bedding out of your baby’s sleep area.
- Give your baby plenty of supervised tummy time while she’s awake.

**Caution!**

- Crib bumpers can cause serious injuries and even death.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death. These wedges, positioners and other products have not been tested for safety or effectiveness.
Battery safety
Lithium batteries pose a little-known but potentially dangerous threat to babies and young children. These small batteries can cause severe injuries if swallowed. When batteries are stuck in the throat, saliva triggers an electrical current causing severe burns. Small children often have easy access to these batteries, and many caregivers may not be aware that there is a risk.

Tips for battery safety:
- Limit your child’s access to devices that contain small batteries, including:
  - Mini remote controls.
  - Small calculators.
  - Watches.
  - Remote keyless entry.
  - Flameless candles.
  - Singing greeting cards.
- Keep loose or spare batteries locked away.
- Share this information with caregivers, friends, family members and babysitters.

If you suspect a small battery has been swallowed, you should:
- Go to the emergency room immediately.
- Do not let the child eat or drink until an X-ray can determine if a battery is present.
- Do NOT induce vomiting.

Tips to Keep Kids Safe
- Keep liquid laundry packets out of children’s reach and sight.
- Keep packets in their original container and keep container closed.
- If a child gets into liquid laundry packets, call the Poison Help number immediately: 1-800-222-1222.

Keeping Kids Safe Around Liquid Laundry Packets

Liquid laundry packets are concentrated and designed to dissolve in water.

More than 700 children age 5 and under experienced serious effects after getting into laundry packets in 2012 and 2013.
That’s an average of one child per day.

Children have required hospitalization due to:
- difficulty breathing
- excessive vomiting
- severe eye burns and irritation
- temporary vision loss
- loss of consciousness

More than 33,000 calls were made to poison centers for laundry packet incidents since 2012.
That’s one call every hour.

Children at greatest risk are 1 and 2 year olds.

36% of incidents happen when product is outside of the container.

Made possible through a partnership between Safe Kids Worldwide and the Up, Up, and Away Program.

For more information, contact Safe Kids at 859-323-1153 or visit www safekidsfayettecounty com.