



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET READY. STAY READY.

## Emergency Tip of the Month

Recent studies have shown that SIDS related deaths have increased in San Diego child care programs over the past 5 years. Here are tips you can use to reduce the risk of SIDS in your program.

1. Infants should be placed on their backs for every sleep. Side sleeping is not safe and not advised.
2. Use a firm sleep surface like a crib mattress.
3. Keep soft objects and loose bedding out of the crib.
4. Avoid smoke exposure around children especially infants.
5. With a parent's approval, offer a pacifier at nap time. Studies reported that pacifiers have a protective effect throughout the sleep period, even when it falls out of the infant's mouth.
6. Avoid overheating.

Lastly, keep a look out for our next newsletter, the Child Care Communique in January with more in depth information on SIDS and more tips to use at your child care program.

FOR OTHER QUESTIONS ABOUT YOUR CHILD CARE PROGRAM,  
CALL THE YMCA CHILDCARE RESOURCE SERVICE  
AT 1-800-481-2151.

