

INSIDE THE BABY BOXES

The Boxes include information for parents on important topics such as Early and Periodic Screening, Diagnostic and Treatment (EPSDT), developmental charts, and tips for soothing a fussy baby.

SAFE WAYS TO BOND

Many people believe that bed sharing is a way to bond with their baby, but it is very dangerous.

Other ways to safely bond with your baby include:

- Breastfeeding
- Rocking
- Singing
- Reading to your baby



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BABY BOX PROGRAM



*A program offered by the
Department of Child Safety
to promote safe sleep for babies.*



SAFE SLEEP IS AS EASY AS A B C! ALONE. BACK. CRIB.

Baby sleeps safest alone, on their back, in a crib.

The Arizona Department of Child Safety (DCS) has launched its Safe Sleep Campaign to help prevent infant deaths.

This campaign promotes the ABC's of Safe Sleep: Baby sleeps safest ALONE, on their BACK, in a CRIB.

The DCS Baby Box Program reinforces these ABC's since baby boxes can be used as portable cribs.

All parents in the community and parents involved with DCS are eligible for this program which provides Baby Boxes and infant essentials.

The program's goal is to minimize the risk of infant death due to unsafe sleep conditions by providing a safe place for baby to sleep and educating parents on safe sleep practices.



SAFE SLEEP TIPS

- Infants should be placed on their backs to sleep, every time.
- Babies should sleep in a crib with only a firm mattress and a fitted crib sheet.
- Keep toys, blankets, bumpers, loose bedding and other objects out of the crib.
- A baby can sleep safely in the same room as the parent, but not in the same bed or with the parent.
- A baby should never be placed on chairs, sofas, water beds or cushions to sleep.
- Avoid overheating by dressing the infant appropriately for the weather. Sleep sacks can be a great choice for small infants.
- The baby's sleep space should always be smoke-free.

SAFE SLEEP EDUCATION

It starts with a simple question "Where will baby sleep?". Anyone watching your child should practice Safe Sleep, everytime baby sleeps. Talking to caregivers and providing facts can help them understand the safest way for baby to sleep.

BABY BOX SAFETY TIPS

- Before placing a baby to sleep, the Baby Box should be completely empty, except for the mattress and sheet.
- At night, the Baby Box is intended to be placed on the floor, next to the parent's bed.
- Pets and older children should always be kept away from the Box.
- A Baby Box should never be moved with a baby inside.
- A Baby Box should only be used for babies weighing under 30 pounds.

For more information on DCS's Safe Sleep Campaign or Baby Box Program, email:

OfficeofPrevention@azdcs.gov

