

Help Babies Sleep Safely This Season— With Cribs for Kids

October is SIDS Awareness month, and it is a sad fact that babies face an increased risk of dying from SIDS in Fall and Winter. Overheating is of particular concern with cold weather approaching; families may improvise ways of keeping warm, including the use of more blankets or sleeping together.

Both the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission discourage parents and other infant caregivers from using loose bedding and from sharing the same sleep surface with infants under 2 years of age. These factors increase an infant's risk of dying from accidental suffocation, overlay, and wedging, as well as SIDS. Whether you are professional who works with children and families, a childcare provider, a parent, family member, or other, it is important to follow these guidelines:



- Place babies on their back, on a firm sleep surface, for every sleep time.
- Be mindful of overheating.
- Share the room, not the bed.
- Remove all soft, loose bedding and objects from baby's crib.
- Maintain a smoke-free environment.



REACH CNY'S Cribs for Kids program helps mitigate preventable SIDS risk factors. In the past 5 years, we have trained over 200 Public Health Nurses, Social Workers, and home-visiting Health and Human Services Professionals from our partner agencies to be "Safe Sleep Educators." They, in turn, have provided safe sleep education, and distributed vouchers for portable cribs, to over 500 families in need of a safe sleep space for their babies!

REACH CNY relies on community donations to fund the purchase of portable cribs, sleep sacks, and crib sheets. Fall and Winter are also a season of giving—you can make a difference in the life and safety of a new baby with a monetary contribution to the Crib for Kids program. Now, you can [make a secure online donation through our Network For Good link](#), or send your contribution to REACH CNY at 1010 James St. Syracuse, NY 13203. REACH CNY is a 501(c)3 organization, and donations by individuals are fully tax-deductible. All the money donated to Cribs for Kids is used to buy cribs and safe sleep items for families that have no other way to afford them. For more information on the Cribs for Kids program and about how your donation will be used, [please click here](#).

To learn more about REACH CNY's Cribs for Kids project, and other highly effective Safe Sleep initiatives, [please click here](#), or email khayden@reachcny.org.