The faith community has long been a source of care and comfort for people in need. Great concern has been given to individual’s well-being — in mind, body and spirit. This concern has been broad and deep, and has included caring for the sick and dying, visiting those who are homebound, feeding the hungry, and speaking out for those less fortunate. Today, the plight of our infants dying calls for new concern, new care and new commitment to ensuring that our babies have a safe place to sleep, to live and to flourish.

Why is Infant Mortality so Important?

Every year an average of 400 babies die before their first birthday in Oklahoma. One out of four of these infants die in the Oklahoma City metropolitan area. That means that in an average week two families experience the loss of their infant. These are deaths that may be preventable.

Safe Sleep September was created to raise awareness about the difficulty facing our most vulnerable population, our babies, and to inspire all of us to work together and put an end to unsafe sleep practices.

For more information go to www.occhd.org/eng/community/fimr/faith-based-outreach
WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?

Keep soft objects, stuffed toys, and loose bedding out of your baby’s sleep area.

Make sure crib is not near mini blinds or other hazards.

Place your baby on his or her back to sleep every time.

No more than 2 & 3/8 inches between the slats (about the width of a soda can).

Use a firm mattress in a safety-approved* crib covered by a fitted sheet.

Make sure nothing covers the baby’s head.

Do not allow pillows, blankets, sheepskins, or bumper pads in your baby’s sleep area.

Use sleep clothing, such as a one-piece sleeper or sleep sack, instead of a blanket.

Do not let anyone smoke around your baby.

*For more information on crib safety guidelines, call the Consumer Product Safety Commission at 1-800-638-2772 or visit their website at http://www.cpsc.gov