

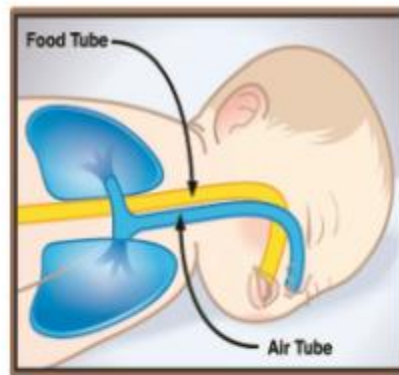
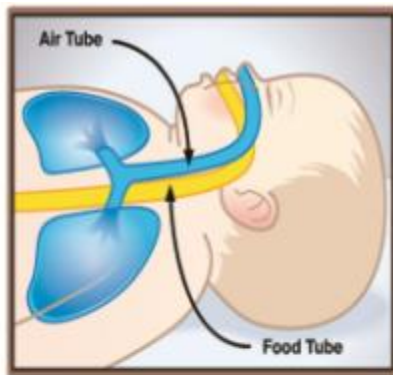
Infant Safe Sleep FAQ

Q: Why should babies sleep on their backs?

A: According to the American Academy of Pediatrics, babies should always be placed on their back to sleep as it significantly reduces the risk of Sudden Unexplained Infant Death (SUID).

Q: Will my baby choke if they are sleeping on their back?

A: Babies are safe sleeping on their backs even if they spit up. When a baby is on his back, the air tube (trachea) is on top of the esophagus (the tube that carries food). If a baby spits up while on his back, the food and fluid run back into the stomach and not to the lungs. When a baby is on his stomach, the esophagus (or food tube) is on top of the trachea and any food or fluid that is regurgitated or refluxed can more easily pool at the opening of the trachea, making it possible for the baby to aspirate or choke.



(Courtesy MDHHS)

Infant Safe Sleep FAQ

Q: I'm unable to provide my baby with a safe place to sleep. What resources are available?

A: Calhoun County has a Pack-N-Play program for residents. To be eligible parents/guardians must meet following requirements:

- Resident of Calhoun County
- WIC/Medicaid Eligible
- Baby 6 months or younger
- Does not currently have safe sleep surface for baby and cannot afford one
- Has not received a PNP through this service before

Please call 2-1-1 after 36 weeks gestation to request a pack-n-play.