

# DID YOU KNOW?



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**Your baby only breathes from their nose until they are 4 to 6 months old.**

Removing pillows, blankets, people, and boppies from their sleep space gives your baby...

**#ROOMTOBREATHE**

# DID YOU KNOW?

Your baby's airway is about the size of a cocktail straw.  
\*all in mm



**The size of your baby's airway, which takes oxygen to their lungs, is smaller than most straws.**

Keeping your baby flat on their back for sleep, with nothing around them, keeps their airway open for oxygen, and gives them...

**#ROOMTOBREATHE**

# DID YOU KNOW?



**More than 80% of infants who died from a sleep related death in St. Joseph County were either surrounded or covered by pillows and blankets or were propped on pillows or boppies.**

Babies don't need pillows, blankets, boppies, or to be propped when they are sleeping.  
Your baby needs...

**#ROOMTOBREATHE**

# DID YOU KNOW?



ST. JOSEPH COUNTY  
DEPARTMENT OF HEALTH

Prevent. Promote. Protect.

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**Since 2015, no baby who died from a sleep related, sudden death, in St. Joseph County was placed to sleep using all the ABC's of safe sleep.**

Following the ABC's of Safe Sleep every time will give your baby...

**#ROOMTOBREATHE**

# DID YOU KNOW?



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**More than 80% of families had an appropriate sleep space for their baby, like a crib or pack n play, available in the home. They just weren't using them.**

Putting your baby to sleep in their own crib, pack and play, or bassinet, gives them...

**#ROOMTOBREATHE**

# DID YOU KNOW?



**The rate of sleep related death for infants exposed to tobacco during pregnancy or in their home was 4 times higher than for infants not exposed to tobacco.**

If your baby was exposed to cigarette smoking during pregnancy or in your home, following the ABC's of safe sleep will give them...

**#ROOMTOBREATHE**

# DID YOU KNOW?



**In most cases of sleep related sudden infant death, parents in St. Joseph County had not used any substances. But, if you decide to -**

- **have a beer or other alcohol**
- **use marijuana or other recreational drugs or**
- **take a prescription that makes you sleepy**
- **and then choose to sleep with your baby,**

**the risk of a sudden infant death increases.**

Placing your baby flat on their back, in their own sleep space, without pillows and blankets or propping, if you use any substance, gives them.....

**#ROOMTOBREATHE**