

DID YOU KNOW?



**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



ST. JOSEPH COUNTY
DEPARTMENT OF HEALTH
Prevent. Promote. Protect.

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?



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?



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