



# State of Louisiana

Department of Health and Hospitals  
Maternal and Child Health Program

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## **LOUISIANA STATEWIDE SAFE SLEEP CAMPAIGN** ***November Means Holidays Planning for Your Baby:*** ***Baby's Holiday Travel and Safe Sleep Checklist***

*Baton Rouge, LA* – As the holidays are quickly approaching, many families have to consider travel needs in addition to preparing for shopping, cooking and entertaining. While the holiday season is often synonymous with chaos and frenzy, it is important to remain focused when considering the needs of a baby, especially when traveling.

Creating a safe sleep environment is the first step toward reducing accidental suffocation and infant deaths related to unsafe sleep practices. Creating a safe sleep environment can be as easy as ensuring that a baby has a firm place to rest, in a crib or portable crib. Also, there should be no items such as stuffed animals, blankets, or pillows inside the sleeping area. At no time should a baby share the bed with another infant or even the mother. It is recommended that the baby's crib be in the same room as the parents.

### ***Safe Sleep Checklist for Baby:***

- Crib, portable crib, or bassinet (great for travel)
- Sleep Sack (if traveling to a cold environment, but be careful not to over-bundle)
- Pacifiers to use during nap and sleep time
- Try to keep the baby away from smoke or smokers

"Infant deaths related to unsafe sleeping environments are preventable," says Dr. Hosea Doucet, *Louisiana State SIDS Medical Director*, "Our goal is to reduce infant sleep deaths through educating parents and anyone who may have day-to-day contact with infants."

In an effort to increase awareness of SIDS and safe sleep practices for infants, the Louisiana SIDS Risk Reduction & Safe Sleep Program will feature a new topic each month to launch its 2009-2010 campaign.

The Maternal Child Health Program within the Louisiana Department of Health and Hospitals works to assure that pregnant women, women of childbearing age, infants, children, and youth in Louisiana have access to high quality primary and preventive health care services. MCH supports, Partners For Healthy Babies and the Louisiana SIDS Risk Reduction and Safe Sleep Program. For more information, please visit the website:  
[www.1800251baby.org](http://www.1800251baby.org)

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