

Inside the Baby Boxes

Each Baby Box contains a health care kit, along with other baby essentials. Baby items include electrical outlet covers, pacifiers (which help reduce the risk of SIDS), hygiene products, and clothing.

The Boxes include information for parents on important topics such as Early and Periodic Screening, Diagnostic and Treatment (EPSDT), developmental charts, and tips for soothing a fussy baby.



Safe Ways to Bond

Many people believe that bed sharing is a way to bond with their baby, but it is very dangerous.

Half of the unsafe sleep deaths in Arizona were due to bed sharing or co-sleeping.

Other ways to safely bond with your baby include:

- Breastfeeding
- Rocking
- Singing
- Reading to your baby



ARIZONA DEPARTMENT OF CHILD SAFETY

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Baby Box Program



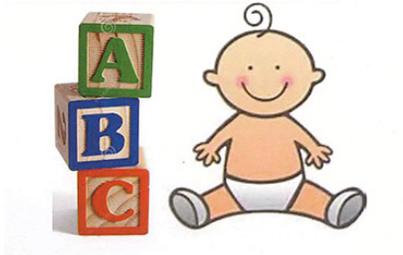
Office Of Prevention
Arizona Department Of Child Safety



Safe Sleep is as Easy as A B C!

Alone. Back. Crib.

Baby sleeps safest alone, on their back, in a crib.



The Arizona Department of Child Safety (DCS) has launched its Safe Sleep Campaign to help prevent infant deaths.

This campaign promotes the ABC's of Safe Sleep: Baby sleeps safest **ALONE**, on their **BACK**, in a **CRIB**.

The DCS Baby Box Program reinforces these ABC's since baby boxes can be used as portable cribs. All parents involved with DCS are eligible for this program which provides Baby Boxes and infant essentials.

The program's goal is to minimize the risk of infant death due to unsafe sleep conditions by providing a safe place for baby to sleep and educating parents on safe sleep practices.

To that end, only staff trained in Safe Sleep can distribute the Baby Boxes. Also, parents who receive a Baby Box must first undergo Safe Sleep Training and sign a Commitment Form.

Safe Sleep Education

It starts with a simple question: "Where does your baby sleep?" Talking to parents and providing facts can help parents understand the safest way for their baby to sleep.

Safe Sleep Tips

- Infants should be placed on their backs to sleep, every time.
- Babies should sleep in a crib with only a firm mattress and a fitted crib sheet.
- Keep toys, blankets, bumpers, loose bedding and other objects out of the crib.
- A baby can sleep safely in the same room as the parent, but not in the same bed or with the parent.
- A baby should never be placed on chairs, sofas, water beds or cushions to sleep.
- Avoid overheating by dressing the infant appropriately for the weather. Sleep sacks can be a great choice for small infants.
- The baby's sleep space should always be smoke-free.



Baby Box Safety Tips

- Before placing a baby to sleep, the Baby Box should be completely empty, except for the mattress and sheet.
- At night, the Baby Box is intended to be placed on the floor, next to the parent's bed.
- Pets and older children should always be kept away from the Box.
- A Baby Box should never be moved with a baby inside.
- A Baby Box should only be used for babies weighing under 30 pounds.
- For safety reasons DCS does not provide parents with a lid to the Baby Box.



For more information on DCS's Safe Sleep Campaign or Baby Box Program, email: OfficeofPrevention@azdcs.gov