

Title: SAFE SLEEP

Length: 60 sec.

PARENTS WANT TO BELIEVE THAT THEIR BABY IS SAFE WHILE SLEEPING, BUT THAT MAY NOT ALWAYS BE THE CASE...

I'M DEAN SPARKS, DIRECTOR OF CHILDREN SERVICES...

PARENTS NEED TO TAKE A CLOSE LOOK AT HOW AND WHERE THEIR BABY SLEEPS...

SUDDEN INFANT DEATH SYNDROME – OR *SIDS* – IS THE LEADING CAUSE OF DEATH OF CHILDREN IN THEIR FIRST YEAR OF LIFE...

FOR YEARS, PARENTS WERE TOLD TO HAVE THEIR BABIES SLEEP ON THEIR STOMACHS...WE NOW KNOW THAT INFANTS SHOULD *ALWAYS* SLEEP ON THEIR BACKS – *AND*, IN A BABY BED...GRANDPARENTS, SITTERS AND DAY CARE PROVIDERS NEED TO KNOW THIS AS WELL...

STUFFED ANIMALS AND PILLOWS ARE CUTE IN A BABY'S CRIB, BUT THEY CAN ALSO CAUSE SUFFOCATION...THE CUSHIONS ON A SOFA CAN BE JUST AS DANGEROUS...BABIES CAN ALSO BE TRAPPED BY ADULT BEDS THAT ARE AGAINST A WALL.

AND, IF YOU HAVE YOUR CHILD SLEEP IN YOUR BED, REMEMBER – THE SMALLER THE CHILD, THE GREATER THE RISK OF *YOU* ROLLING OVER ON YOUR BABY DURING THE NIGHT...

I'M DEAN SPARKS...FOR MORE ON WHAT PARENTS SHOULD KNOW, VISIT OUR WEBSITE AT LUCAS-KIDS-DOT-NET.