



## #SaferBy4

### SAFELY GET CHILDREN TO THE FOURTH BIRTHDAY

The City of Weston is a #SaferBy4 Community!

The Weston City Commission unanimously adopted a Resolution on March 2, 2015 supporting the Department of Children and Families #SaferBy4 initiative.

#SaferBy4 was created to reduce preventable child deaths due to drowning and sleep habits, informing and educating families and care givers about actions and steps to prevent child fatalities, safely getting children to their fourth birthday.



- Over 200 child deaths have been reported to the Department of Children and Families in Broward County in the last five years.
- Nearly half of those reported resulted from drowning and accidental suffocation or strangulation from an unsafe sleep environment.
- The most preventable cause of death of children under one year of age was from an unsafe sleep environment.
- 77% of Broward County children who died in the last five years were ages 3 and under.

#### **BABIES SLEEP SAFEST: *ABCs of safe sleep***

#### **Alone - On their Back - In a Crib -**

#### **How different sleep situations can be dangerous:**



- Although they may look cute, pillows, blankets, bumper pads and toys can suffocate your infant.
  - Despite popular belief, sleep aids such as wedges and sleep positioners can increase the risk of infant death due to suffocation. If the infant shifts at all, the soft objects can actually trap the baby in a fatal position.
  - Sleeping with your infant may be more convenient and look peaceful, but the risk of an adult rolling onto or pinning the baby and killing the infant by suffocation increases immensely through co-sleep.
  - Each baby should have their own bed – even other siblings increase the risk of suffocation.
  - Adult beds, air mattresses, beanbags, reclining chairs, sofas, etc. are not made for babies and wedge a baby, causing suffocation.
- Any loose cables, wires, bumper pad strings, etc. around the crib could be fire hazards and/or wrap around your baby's neck and strangle him or her.
  - If you do not place your baby on the back to sleep, your baby's airway may not be clear.

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