In Just Five...Safer Infant Sleep

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The phrase, "sleeping like a baby" often evokes images of restful slumber, and calm, uneventful sleep. In support of healthy sleep for infants, the "Back to Sleep" campaign was developed to help ensure babies are placed on their backs for every sleep time.

This campaign is "...a way to educate parents...family members, caregivers and health care providers about ways to reduce the risk for Sudden Infant Death Syndrome or SIDS.... SIDS is the sudden, unexplained death of an infant younger than 1 year of age." (Source: The National Institute of Child Health and Human Development (NICHD), U.S. Department of Health and Human Services.)

Your child's health care provider can discuss ideas for safe, infant sleep habits with you. Additionally, free NICHD resources are available for parents and those caring for infants, including:

- Safe Sleep for Your Baby: General Outreach Brochure or click here
- Safe Sleep for My Grandbaby: Reduce the Risk of Sudden Infant Death Syndrome (SIDS) or click here
- Click here more information about the NICHD's Back to Sleep Public Education Campaign

Visit UA Life & Work Connections for resources in support of your family care responsibilities. Learn more about child care and work/life support information by contacting Caryn Jung, MS, Senior Coordinator by email or call (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator by email or call (520) 626-4770.

"In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

Click to read previous "In Just Five" features.