1. **In Sacramento County, what is the greatest cause of death for babies (birth to 1-year-old)?**
   a. Drowning.
   b. Car Crashes.
   c. Infant Sleep-Related Deaths (SIDS).
   d. Accidental Poisoning.

2. **Most babies who die from an Infant Sleep-Related Death (SIDS) are:** *(mark all that apply)*
   a. Healthy.
   b. Found sleeping with others.
   c. Sleeping somewhere other than a crib.
   d. Choked on their own spit up.

3. **The safest way for a baby to sleep is:** *(mark all that apply)*
   a. Sleeping with an adult.
   b. Sleeping with an older sibling.
   c. Sleeping only with a twin or another infant.
   d. Sleeping alone.

4. **What positions are safe for a baby to sleep (from birth up to 1-year-old)?** *(mark all that apply)*
   a. On their back.
   b. On their side.
   c. On their stomach (prone).
   d. Whichever way they fall asleep the easiest.

5. **When naptimes are short and the parent is awake, it is safe to place a baby down for quick nap**:
   (mark all that apply)
   a. Alone on an adult bed.
   b. On a couch or chair, as long as you make sure they don't fall off.
   c. In a car seat.
   d. In a crib.

6. **Which of the following items are safe to have in a baby's sleeping area?** *(mark all that apply)*
   a. Small stuffed animals
   b. Crib bumpers/pads
   c. Plastic toys
   d. Baby pillow
   e. Loose blankets
   f. None of the above

7. **Which of the following is a safe sleep environment for a baby?**

   a.   b.   c.   d.

Parenting and medical advice has changed over the years. Which of the following statements reflects <u>what we know now</u> about safely sleeping a baby?

8.	Babies placed on their backs are more likely to choke on their own spit-up.	☐ True	☐ False
9.	Babies should be tightly swaddled when sleeping for the first 6-weeks.	☐ True	☐ False
10.	Babies are more likely to suffocate when they sleep with an adult or other child.	☐ True	☐ False
11.	Babies can be affected by smoking, even if a person doesn't smoke in the same room as the baby.	☐ True	☐ False
12.	Breastfeeding helps reduce the risk of SIDS (Sleep-Related Death).	☐ True	☐ False