

Sacramento County Safe Sleep Baby Campaign

Parent/Provider Questionnaire A

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 what we know now about safely sleeping a baby?

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