



## City of Pembroke Pines Infant Safe Sleep & Drowning Prevention Initiative

### #SaferBy4 – Safe Sleep

The City of Pembroke Pines is participating in the #SaferBy4 Campaign in an effort to reduce preventable child deaths. Too many children have died before their fourth birthday due to unsafe sleeping practices or drownings. The #SaferBy4 Campaign is designed to help children reach their fourth birthday. There are two components of the #SaferBy4 Campaign: water safety (drowning prevention) and safer sleep practices for infants.



#### Safe Sleep for Your Baby

Here are 10 ways that you can prevent your baby from dying from an accidental sleep related death:

1. Always place your baby on his or her back for each and every sleep.
2. Place your baby to sleep alone in a crib, bassinet or pack-n-play on a firm mattress with a tight fitting crib sheet.
3. No pillows, toys, bumper pads, loose bedding or blankets in the baby's crib.
4. Do not allow smoking around your baby.
5. Do not allow your baby to sleep in bed with you, other adults or children.
6. Your baby should sleep in the same room with you.
7. Do not allow your baby to overheat. Dress them as you would dress for the day.
8. Offer your baby a clean, dry pacifier when placing baby down for sleep.
9. Breastfeeding is best for your baby. It has many health benefits for mother and baby.
10. Make sure anyone caring for your baby knows that your baby only sleeps **Alone** on their **Back** in a **Crib** (**follow the ABCs**).

### #SaferBy4 – Drowning Prevention

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**Layers of Protection to Prevent Drownings Supervision:** Make sure that someone is always actively watching the water when a child is in the pool. Assign a “Water Watcher” to ensure that a responsible adult is supervising the child.

**Barriers:** Children should never have accessibility to water without being accompanied by an adult. Have several barriers (in case one fails) to physically block a child from a pool. Barriers include door alarms, pool fences, self-latching gates, child proof locks and pool covers.

**Emergency Response:** Early activation of EMS, CPR and Rescue Breathing can mean the difference between life or death. Keep a phone by the pool and learn CPR and Rescue Breathing.



#### City of Pembroke Pines Swim Classes

Register your 1-4 year old for one of our Parent and Child or Preschool Level 1 Swim Classes at one of the following locations: Pembroke Lakes Pool, Price Park Pool or Towngate Pool. For more information on swim classes call (954) 450-6895 or go to [www.pines.com/SaferBy4](http://www.pines.com/SaferBy4)



Help Children Reach Their Fourth Birthday #SaferBy4

For more information:  
[www.MyFLFamilies/safesleep](http://www.MyFLFamilies/safesleep)

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