



## Memorandum

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**# 14-008**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** January 17, 2014

**SUBJECT:** DFPS Safe Sleep Materials in Women Infants and Children (WIC) Clinics

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Texas WIC is working with the Texas Department of Family and Protective Services (DFPS) to support its new public awareness campaign on safe sleeping practices. Attached to this memo is an example of the “Safe Sleep” tip card now available to order and distribute to WIC clients.

Please share these materials in your clinic, with WIC partners, and most importantly, with parents. The link below can be used to place orders for safe sleep tip cards. Tip cards are available in packs of 25 with one side in English and one side in Spanish:

<https://www.surveymonkey.com/s/safesleeptipcards>

An electronic version of the tip card can be viewed here:

[http://www.dfps.state.tx.us/Room\\_to\\_Breathe/card\\_English.pdf](http://www.dfps.state.tx.us/Room_to_Breathe/card_English.pdf)

In addition to the tip cards, the *Safe Sleep* campaign website at <http://www.babyroomtobreathe.org/> has many resources, tools, and links for parents, families, professionals, and concerned citizens. It also includes additional materials for parents and partners to download and promote the campaign in your community.

Thank you for your efforts to make information on safe sleeping practices available to Texas WIC clients. If you have any questions about the campaign or the materials, please email Anjulie Chaubal in the DFPS Prevention and Early Intervention Program at [Anjulie.Chaubal@dfps.state.tx.us](mailto:Anjulie.Chaubal@dfps.state.tx.us).

# Room to Breathe

## Safe Sleeping for Your Baby and You

### Do:

- ◆ Do put babies to sleep alone and on their backs.
- ◆ Do put babies in cribs or on other firm surfaces with tight-fitting bottom sheets. If the baby leaves an impression on the mattress, the surface is too soft.
- ◆ Do keep babies away from second-hand smoke.
- ◆ Do dress babies lightly and control the room temperature. 70 degrees is ideal.
- ◆ Do breast feed and use pacifiers. Both are linked to a lower risk of sudden death.
- ◆ Do share the information in this brochure with friends, relatives, babysitters, and others who may put your baby to sleep when you are away.

### Don't:

- ◆ Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads inside the crib.
- ◆ Don't cover a baby's face or allow a baby to cover his or her face with anything.
- ◆ Don't let an infant sleep with older children.
- ◆ Don't ever sleep with an infant if you are unusually tired or if you are drunk or under the influence of illegal drugs or any medicine that makes you groggy.
- ◆ Don't put a baby to sleep on chairs, sofas, futons, beanbags, or cushions.
- ◆ Don't put a baby to sleep on a soft mattress such as pillow-tops, water-beds, or memory foam. If the baby leaves an impression in the mattress, it's too soft.
- ◆ Don't expose a baby to second-hand smoke.



[www.BabyRoomToBreathe.org](http://www.BabyRoomToBreathe.org)

Texas Department of Family and Protective Services  
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