

# Counseling Families on Disaster Preparedness and Infant Safe Sleep

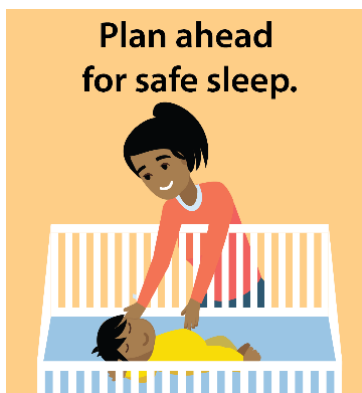
Use the sample script below to counsel parents and caregivers on the steps they can take before and during a disaster to provide a safe sleep environment for their baby.

## Sample Script: Preparing for a Disaster

Natural disasters can be unpredictable and devastating. Being prepared for these events can help keep your baby safe. I would like to support you in making a plan to help your baby sleep safely in the event of a disaster. To get prepared before a disaster, have safe sleep items, including a portable crib and a fitted sheet, ready to take with you in case you have to leave your home.

## Sample Script: What to Do During a Disaster

If you are away from your home during a disaster, there are steps you can take to help your baby sleep safely. To reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related infant deaths, take the following actions:



- Place your baby on his or her back to sleep for all sleep times – naps and at night.
- Use a firm, flat sleep surface designed for babies, such as a mattress covered by a fitted sheet in a safety-approved crib, portable crib, or bassinet.
  - If you do not have a portable crib, emergency and social service organizations such as the Red Cross may be able to help provide one for free or at a low cost.
- Have your baby share your room, not your bed. Your baby is at higher risk for SIDS and other sleep-related deaths if they sleep on an adult bed.
- Keep soft objects, such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area.
- Do not cover your baby's head or allow your baby to get too hot. Signs your baby may be getting too hot include sweating or his or her chest feeling hot.
- Do not smoke or allow smoking around your baby.

## Resources for Parents:

- [Parents and Caregivers](#) from the Centers for Disease Control and Prevention
- [Caring for Children in a Disaster](#) from the Centers for Disease Control and Prevention
- [Ways to Reduce the Risk of SIDS and Other Sleep-Related Causes of Death](#) from the Eunice Kennedy Shriver National Institute of Child Health and Human Development
- [Reduce the Risk of SIDS & Suffocation](#) from HealthyChildren.org



Centers for Disease Control  
and Prevention  
National Center for Chronic Disease  
Prevention and Health Promotion

Division of Reproductive Health  
Maternal and Infant Health Branch  
<https://www.cdc.gov/sudden-infant-death/sleep-safely/index.html>