

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, and 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 (also known as SIDS) and other sleep-related causes of infant death, take the following actions:

- Place your baby on his or her back to sleep for every sleep.
- Use a firm sleep surface designed for babies, such as a mattress in a [safety-approved](#) crib or portable crib, covered by a fitted sheet.
- Have the baby share your room, not your bed. Your baby should not sleep on an adult bed, cot, air mattress or couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, such as pillows and loose bedding, out of your baby's sleep area.
- Do not smoke or allow smoking around your baby.

Resources for Parents:

- [Preparedness for Expectant and New Parents](#) from the Centers for Disease Control and Prevention
- [Caring for Children in a Disaster](#) from the Centers for Disease Control and Prevention
- [Caring for Your Family in a Disaster](#) from the March of Dimes
- [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
- [Parents and Caregivers](#) from the Centers for Disease Control and Prevention