

SIDS/Cribs for Kids Updates

- ❖ American Academy of Pediatrics (AAP) Recommendations for Safe Sleep environment (Nov. 2011)
 - Back to sleep for every sleep
 - Firm sleep surface – crib is recommended
 - Room-sharing without bed-sharing
 - No soft objects or loose bedding (this includes blankets)
 - No smoking, alcohol, or drug use (during or after pregnancy)
 - Encourage breastfeeding
 - Pacifier at nap and sleep times
 - Avoid overheating
 - Avoid commercial devices designed to reduce SIDS risk
 - Encourage supervised “Tummy Time”
 - Healthcare providers should endorse the SIDS recommendations (lead by example – show parents what to do by doing it themselves)

- ❖ Back to Sleep becomes “Safe to Sleep”
 - New national campaign expanding on “Back to Sleep”
 - Encompass the entire safe sleep environment (using AAP Task Force on SIDS recommendations.) – <http://www.nichd.nih.gov/sids/>

- ❖ Cribs for Kids sites
 - Cribs provided to families who are in need of a safe sleep environment
 - No cost to the families
 - Crib kits contain – Pack n Play, crib sheet, pacifier, Halo SleepSack
 - Crib kit distribution dependent on availability of resources



(For Bright Futures Training use only – do not redistribute)



Cribs for Kids Partner Sites

BISMARCK-BURLEIGH PUBLIC HEALTH (Karen Shreve, RN)

500 East Front Avenue
PO Box 5503
Bismarck, ND 58506-5503
Phone: 701-355-1540 Fax: 701-221-6883

LUTHERAN SOCIAL SERVICES – Healthy Families (Jody Bettger Huber, Director)

1616 Capitol Way
Bismarck, ND 58501
Phone: 701-530-2512

UNITED TRIBES TECHNICAL COLLEGE – FACE Program (Cyndee McLeod)

3315 University Drive
Bismarck, ND 58504
Phone: 701-255-3285 ext. 1542

STANDING ROCK EARLY CHILDHOOD TRACKING (Steph Thompson, Admin)

PO Box 687
Fort Yates, ND 58538
Phone: 701-854-3678

FIRST DISTRICT HEALTH UNIT (Ami Yale, RN)

801 11th Avenue SW
PO Box 1268
Minot, ND 58702-1268
Phone: 701-852-1376 Fax: 701-852-5043

CENTRAL VALLEY HEALTH UNIT (Anita Berland, RN)

122 2nd Street NW
PO Box 880
Jamestown, ND 58402-0880
Phone: 701-252-8130 Fax: 701-252-8137

RANSOM CO PUBLIC HEALTH DEPT (Chelsey Jones, RN)

404 Forest Street
PO Box 89
Lisbon, ND 58054
Phone: 701-683-6145 Fax: 701-683-6168

RICHLAND CO HEALTH DEPT (Danielle Flack)

413 3rd Avenue North
Wahpeton, ND 58075
Phone: 701-642-7735 Fax: 701-642-7746

FARGO-CASS PUBLIC HEALTH (LeDora Wohler, RN, MCH, NFP Manager)
401 3rd Avenue North
Fargo, ND 58102
Phone: 701-241-1369

VALLEY HEALTH & WIC (Laura Spicer, WHCNP)
1551 28th Avenue South, Suite K
Grand Forks, ND 58201
Phone: 701-775-4251 Fax: 701-775-3691

LUTHERAN SOCIAL SERVICES – Healthy Families Program (Kathy Daniels)
412 Demers Avenue
Grand Forks, ND 58201
Phone: 701-772-7577

SPIRIT LAKE TRIBE – American Indian MCH Program (Cheryl Hefta, WHNP Clinician)
416 2nd Avenue North
PO Box 489
Fort Totten, ND 58335
Phone: 701-766-1251 Fax: 701-766-1260

TURTLE MOUNTAIN CHIPPEWA – Quentin Burdick Health Care Facility (Georgia Artz)
1300 Hospital Loop
PO Box 160
Belcourt, ND 58316
Phone: 701-477-8469 Fax: 701-477-8486

THREE AFFILIATED TRIBES – Minne-Tohe Health Center (Molly Curry or Kathy Eagle)
1 Minne-Tohe Drive
New Town, ND 58763
Phone: 701-852-0250 ext. 12 or 701-627-4750 Ext. 7791

Any questions please contact:

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<http://www.ndhealth.gov/cribsforkids/>