



What is a Community Baby Shower for Safe Sleep?

A Community Baby Shower for Safe Sleep is an interactive event that invites new and expectant parents, their support people, and community service providers to get together for an educational “baby shower.” At the shower, participants learn about infant safe sleep, tobacco cessation, and the benefits of safe breastfeeding practices, in order to improve health and infant birth outcomes.

Community Baby Showers focus on three key areas:

- ❖ Infant safe sleep education
- ❖ Tobacco cessation
- ❖ Breastfeeding education

The central focus of the Community Baby Shower for Safe Sleep is to teach all participants about **infant safe sleep**. This includes educating parents and their support people on the ABCs of Safe Sleep, which is that all babies should sleep **A**lone, on their **B**acks, and in a safety approved **C**lutter-**C**rib. Participants learn about safe sleep by viewing the video [Safe Sleep for Babies](#) and watching a demonstration of what a safe sleep environment looks like.

Second, we understand it is crucial for the health of the mother and infant to live in a **smoke-free environment**. We invite local tobacco cessation experts to provide education and resources to assist cessation efforts. We ask that all participants visit a booth where they can get more information to assist their tobacco cessation efforts.

Our third area of focus is **breastfeeding**. All guests are given information on the health benefits of breastfeeding. Participants can learn the importance of breastfeeding and local resources to support them in meeting their breastfeeding goals.

The baby shower provides the education and the **resources they need to create a safe sleep environment in their own homes**, including a portable crib, and wearable blanket based on availability. We feel by including both the education and the resources, attendees will be able to practice infant safe sleep.

Community Baby Showers for Safe Sleep are designed to engage families in a fun and supportive atmosphere. It is important for everyone to feel welcome.