Same Room Separate Bed

Place baby’s crib near your bed. This makes it easier to breastfeed and to bond with your baby.
Create a safe sleep environment when the temperatures cool down by placing baby in a wearable blanket or other sleeper at nap time and night time.

KidsKS.org
the ABCs of Safe Sleep

- Alone
- Back
- Clutter-free Crib

KidsKS.org
Babies are safest when they sleep alone, on their back, in a clutter-free crib.
SIDS Facts:

PROTECT BABY - DON'T SMOKE

If both parents smoke, baby’s SIDS risk is 3½ times greater than if neither parent smokes.

If mom smokes, but dad doesn’t, baby’s risk is 2 times greater.

If dad smokes, but mom doesn’t, baby’s risk is 1 1/2 times greater.

#SafeSleep  #QuitSmoking
Shared Room Separate Bed

The safest place for your baby to sleep is in your room, but not in your bed.

#SafeSleep

KidsKS.org
Is it okay to give my baby a pacifier at night?

YES! Binkies actually reduce the risk of SIDS, possibly by preventing babies from falling into an extremely deep sleep. The American Academy of Pediatrics recommends that you consider giving your child a pacifier at night and for naps during his first year. If you're breastfeeding, don't introduce a pacifier until baby is 1 month old and nursing well.
THIS IS WHAT SAFE SLEEP LOOKS LIKE

KIDSKS.ORG
Did you know?

Breastfeeding is recommended as added protection against SIDS. After feeding, parents should move baby to a separate sleeping place, preferably a crib or bassinet in the parent’s room.
American Academy of Pediatrics recommendations for Safe Sleep
the ABCs of Safe Sleep

Alone

Back

Clutter-free Crib
I am a griever. That doesn't mean I have a disease.
It means that I miss and love someone who has died.
Let me grieve at my own pace. My reality is forever changed.
Do not judge me nor feel it is your obligation to tell me to "move on," or "get over it."
Getting over it is not an option. With time, I will do my best to move forward one step in front of the other.
They might be baby steps, but it is better than none at all.
When I need you. . . Just be there.
Back to Sleep and Tummy to Play

#SafeSleep
KidsKS.org
Everyone you meet is fighting a battle you know nothing about.

Be kind.

Always.
“Sometimes it’s OK if the only thing you did today was breathe.”

— Yumi Sakugawa
CHILDCARE CHECKLIST

Print out this handy checklist when you are interviewing potential childcare givers.
DENIAL HELPS US TO PACE OUR FEELINGS OF GRIEF. THERE IS A GRACE IN DENIAL.

IT IS NATURE’S WAY OF LETTING IN ONLY AS MUCH AS WE CAN HANDLE.

Elisabeth Kübler-Ross & David Kessler
From On Grief and Grieving
Grief.com
Sleep is a medical issue. Learn about what doctors have to say about safe sleep.
Safe Sleep Tips
for your little guests

KidsKS.org
“What a different place this world would be if people remembered that grief is born of love, and all acts of grief are normal, healthy and expected.”

RaeAnne Fredrickson, All That Love Can Do.
When you can't look on the bright side, I will sit with you in the dark.

- Lewis Carroll, Alice in Wonderland
LOSS & HEARTACHE
DO NOT DEFINE YOU
THEY ARE PART OF YOUR STORY
Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.

Vicki Harrison
THIS CANDLE BURNS IN MEMORY OF OUR BABIES
OCTOBER is Pregnancy & Infant Loss Awareness Month
“Even those that never fully blossom bring beauty into the world.”
Pregnancy & Infant Loss

Remembrance Day
Oct 15
Born still is still born.
Pregnancy & Infant Loss

Remembrance Day
Oct 15th

Lillian Rose Designs

In support of
Pregnancy and Infant Loss Awareness Month
“When a child loses his parent, they are called an orphan. When a spouse loses her or his partner, they are called a widow or widower. When parents lose their child, there isn’t a word to describe them. This month recognizes the loss so many parents experience across the United States and around the world. It is also meant to inform and provide resources for parents who have lost children due to miscarriage, ectopic pregnancy, molar pregnancy, stillbirths, birth defects, SIDS, and other causes.” - Ronald Reagan
Pregnancy and Infant Loss Remembrance Day

October 15
I AM 1 IN 4
PREGNANCY & INFANT LOSS REMEMBRANCE

I STAND WITH YOU. I GRIEVE WITH YOU. I REMEMBER YOU.
I REMEMBER YOUR Child WITH YOU

Pregnancy, Infant, and Child Loss Awareness

PregnancyAfterLossSupport.com
Don’t run away from grief, o soul.
Look for the remedy inside the pain.
Because the rose came from the thorn
and the ruby came from a stone.

Rumi
SAFE SLEEP FACT

Same Room, Separate Bed

Sharing the room with your baby reduces the risk of SIDS by as much as 50%
Safe sleep tips while traveling with baby
There have been so many beautiful people who have stopped to be with me in my brokenness. The special ones didn’t shy away from my sorrow or shun my sadness. They sat as close as they could in silent support.

TRIAD GRIEF RECOVERY
“May love be what you remember most.”

— DARCIE SIMS
If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever.
If ever there is tomorrow when we’re not together...there is something you must always remember.

You are braver than you believe, stronger than you seem, and smarter than you think.

But the most important thing is, even if we’re apart...I’ll always be with you.

Winnie the Pooh
The death of a baby is like a stone cast into the stillness of a quiet pool; the concentric ripples of despair sweep out in all directions, affecting many, many people.

~De Frain

love lives on.com