



## Maternal and Child Health Resources



# Parenting Support, Education, and Supplies

## Advice & Aid Pregnancy Center

10901 Granada Lane Suite 100  
Overland Park, KS 66211  
(913) 962-0200

*Information: Support for women with unplanned pregnancies and parenting classes*

## All-Options Talk Line

1-888-493-0092

<https://www.all-options.org/find-support/talkline/>

*Information: Options Counseling; Support*

## Baby Grace

Multiple Locations in Metro

(816) 787-5936 to find closest location to you

*Information: Diapers, clothing and other items, when available*

## Birthright

6309 Walnut, Kansas City, MO 64113

(816)444-7090 or (800) 550-4900

*Information: Support and education for pregnant women. Assist with clothing, as able; Options counseling*

## Catholic Charities

850 Main Street, Kansas City, MO 64105

(816) 221-4377

*Information: Mom's empowerment program, assistance with baby supplies, formula, clothing, parenting classes, mental health*

## Car Seats:

### Jackson County Health Department

(816) 404-6416

*Information: Car seat inspection or installation and car seats if eligible*

### Local Fire Department

Locate your local fire dept and reach out

*Information: Car safety check and if eligible, provide car seat*

## Platte County Health Department

(816) 587.5998

*Information: Car safety checks and may be able to assist with car seats*

## Raytown Ambulance/EMS

(816) 737-6030

*Information: Car seat installation and may be able to assist with car seats*

## Cribs for Kids:

### Nurture KC

1111 W. 39<sup>th</sup> St., Ste 100

Kansas City, MO 64111

(816) 283-6242

### MO Department of Health and Senior Services

(573) 751-6400

*Information: Cribs for babies, call for more info*

## Episcopal Church of the Redeemer

7110 N Hwy 9, Kansas City MO 64152

(816) 741-1136

*Information: Clothing for infants/toddlers, diapers (Northland residency)*

## Happy Bottoms

happybottoms.org

*Provides diapers; visit website to determine eligibility and pick-up locations*

## Hope Chapel

124805 Blackbob Road, Olathe, KS 66062

(913) 829-0712

*Information: Other locations may be available—call; Parenting classes and some baby supplies*

## Liberty Women's Clinic

1532 NE 96<sup>th</sup> Street Suite B, Liberty, MO 64068

(816) 415-9415

*Information: Information on options for pregnancy, parenting classes, referrals*

## Parenting Support, Education, and Supplies CONTINUED

### The Micah Ministry

606 Gladstone Blvd Kansas City, MO 64124  
816.231.0016

*Information: Al-Anon; Pantry; Clothing*

### Missouri Baptist Children and Family Ministries

(800) 264-6224

*Information: Education programs, advocacy, teen programs, housing*

### Nurse-Family Partnership

(816) 513-6386

*Information: Provides in home visits and education in home for low income first time mothers and babies—**MUST BE <28 weeks pregnant***

### ParentLink

(800) 552-8522

Or text them at: 585FAMILY1

*Information: Parenting resource to assist with parenting questions and support. Request free educational information.*

### Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

*Information: online support group meetings, education, crisis, maternal and paternal support*

### Promise 1000

816-234-3732

Promise1000.org

*Home visiting services to aid in parenting education, support, resources, mental health support*

### Pregnancy and Postpartum Resource Center

Warm-line number: 913.677.1300

866.363.1300

*Leave a Message and warm-line will call you back; Peripartum emotional support*

### Resource Health (formerly Rachel House)

4 KC Metro locations—call to see closest option

(816) 921-5050

*Information: Information on pregnancy options, parenting classes, community referrals*

### Sleepyhead Beds

4741 Central Suite 244, Kansas City, MO 64112  
(816) 547-9965

*Information: Provides new or gently used beds and bedding for children*

### Safety and Health Council

9150 E 41<sup>st</sup> Terr #215, Kansas City, MO 64133  
(816) 842-5223 ext 4

*Information: Car seat safety check to ensure safe installation and may be able to assist with car seat*

### TEL-LINK

800.835.5465

*Information: Operators will provide referrals concerning a wide range of maternal and child health services in your community—WIC, SNAP, Medicaid, and perinatal referrals*

### UH Education and Support Groups

UH offers many education and support groups, including: breastfeeding, parenting, newborn, delivery education.

Check out our website:

<https://www.universityhealthkc.org/calendar/>

Also provides offerings for weight/pain management

### WIC

To find local office—800-392-8209

Metro Area—816.404.4WIC

*Provides supplemental food vouchers, breastfeeding support, formula, additional resources*

### Uzazi Village

4232 Troost Ave

Kansas City, MO 64110

(816) 541-3718

*\*Specifically for African American/Black mothers*

# Emergency Resources

## Kansas

### Catholic Charities of Northeast KS

600 Minnesota KCK 66101  
913.621.3445

*Services: specific residents—call to see if you qualify; rent, utilities, pantry*

### Cross Lines Community Outreach

736 Shawnee Ave, KCK 66105  
913.281.3388

*Services: Basic Needs Program, Hunger Relief Program, Housing Stabilization Program*

### El Centro

650 Minnesota Avenue, Kansas City, KS 66101  
(913) 677.0100

*Service: Pre-school to 6<sup>th</sup> grade education for children; community health; economic empowerment; advocacy; COVID-19 relief aid—food, financial assistance*

## Missouri

### American Red Cross

6601 Winchester Ave, Suite 110,  
Kansas City, MO 64133  
(816) 931-8400

### Bishop Sullivan Center

6435 E. Truman Road, Kansas City, MO 64126  
(816) 231-0984

*Services: Rent, food pantry, utility assistance, clothes closet; multiple locations*

### Cathedral of the Immaculate Conception

416 W. 12<sup>th</sup> Street, Kansas City, MO 64105  
(816) 842-0416 ext. 126

### Catholic Charities

4001 Blue Pkwy, Suite 250, Kansas City, MO  
64130  
(816) 221-4377

*Services: Food pantry, clothing, parenting classes, mental health services*

### Community Service League (Main Office)

404 N. Noland Road, Independence, MO 64050  
(816) 254-4100

*Services: Food pantry; Emergency assistance*

### Della C Lamb Community Services

500 Woodland Ave, Kansas City, MO 64106  
(816) 842.8040

*Services: Food pantry, rent, utilities, clothing, social work, childcare, diapers, baby supplies*

### Don Bosco Community Center

526 Campbell St, Kansas City, MO 64106  
816.691.2900

*Services: Hot Meals, Housing Assistance, Utility Assistance, ESL, Citizenship*

### Good Samaritan Center

108 S Thompson Avenue,  
Excelsior Springs, MO 64024  
(816) 637-2718

*Services: Food pantry, clothing, case management, utility assistance*

### Grace United Community

801 Benton Blvd, Kansas City, MO 64124  
(816) 231-5745

*Services: Emergency assistance, food pantry, clothing closet*

### Grandview Assistance Program

1121 Main St, Grandview, MO 64030  
816.761.1919

*Services: School supplies; Housing; Utilities; Pantry*

### Guadalupe Centers, Inc.

1015 Avenida Cesar E Chavez,  
Kansas City, MO 64108  
816.421.1015

*Services: Food pantry, rent, utility*

### Harrisonville Ministerial Alliance

1405 S. Commercial, Harrisonville, MO 64701  
816.884.2279

*Services: Pantry; Utility assistance*

## Emergency Resources CONTINUED

### Heart-n-Hand Ministries

200 B St, Belton, MO 64012

816.322.1133

*Services: Pantry; Utility assistance; Groups*

### Jewish Family Services

425 E. 63<sup>rd</sup> Street, Kansas City, MO 64110

(816) 333-1172

*Services: Food pantry, rent, utility*

### Metropolitan Lutheran Ministries

3031 Holmes Street, Kansas City, MO 64109

(816) 931-0027

*Services: Food pantries, utility assistance*

### Northland Assistance Center

2018 Gentry Street, N. Kansas City, MO 64116

(816) 421-2243

*Services: Food pantry, clothing, rent, utility assistance*

### Pet Resource Center of KC

1116 E. 59th Street Kansas City, MO 64110

816-353-0940

<https://prckc.org/pet-resources/pet-food-pantry/>

*Services: Resources for pets (food, pharmacy)*

### Redemptorist Center

207 Linwood Blvd, KC MO 64111

816.931.9942

*Services: Emergency Client Assistance*

### Reconciliation Ministries

3101 Troost Ave, Kansas City, MO 64109

(816) 931-4751

*Services: Rent, utility assistance, therapy for women (individual, group)*

### Salvation Army

Numerous Locations—visit website:

<https://centralusa.salvationarmy.org/mokan/>

### United Services Community Action Agency

#### Jackson County:

6323 Manchester Ave, Kansas City, MO 64133

(816) 358-6868

*Services: Parenting training, utility assistance*

### United Way 211

2-1-1

*Services: Provides referrals to you based off of your needs*

### Whatsoever Community Center

1201 Ewing, Kansas City, MO 64126

(816) 231-0227

*Services: Food pantry, utility assistance, rent assistance, clothing*

*\*Please note there may be limitations due to geographical location, income and availability of resources*

## Transportation

Transportation will assist for WIC appointment, childbirth classes, and other non-urgent appointments. You may also schedule multi-stop trips (i.e. to pharmacy after appointment)

### **Missouri MC+ Plans:**

#### Healthy Blue

(833) 388.1407

*Must call 3 business days before your appointment*

#### Home State Health

(855) 694-4663

*Must call 3 business days before your appointment*

#### United Healthcare

(866) 292-0359

*Must call 3 business days prior to appointment*

### **Missouri Medicaid (Adult)**

(866) 269-5927

*Must call at least 2 business days, if you reside in the Kansas City metro*

### **Community Transportation:**

#### UH Logistics Center

(816) 404-3375

*Can call up to two hours before your appointment.*

*Boundary restrictions apply.*

#### The Metro

(816) 221-0660

*Call for bus schedule and fares.*

# Counseling

## Helpline Numbers

Mental Health Crisis Line 1-888-279-8188

National Suicide Prevention  
1-800-273-8255

Crisis Text Line  
Text "Connect" to 741-741

The Compassionate Ear Warmline  
913-281-2251 or 1-866-927-6327. Open 7 days  
a week, 365 days a year from 4:00pm to  
10:00pm

## Community Counseling and Assessment Services (CCAS) UMKC

615 E 52<sup>nd</sup> St., Suite 212  
Kansas City, MO 64110  
816.235.2725

\*Masters and Doctoral level students that are  
supervised complete counseling  
\* Do not accept insurance but use sliding scale (appt  
cost can range from \$5 to \$50)  
\*individual, couples, and family counseling

## Compass Health

844.853.8937

Call to get specific information  
Closest counties served: Carol, Lafayette, Cass,  
Johnson (Some in Jackson may qualify)  
Sliding scale, Medicaid, Medicare, some private  
insurance carriers.

## Comprehensive Mental Health Services

17844 E. 23rd Street  
Independence, Missouri 64057  
816.254.3652

\*counseling/psychiatry  
\*Eastern Jackson Co. only  
\*Medicare, Medicaid, Private Ins., sliding scale  
\*M-F 8-3:30p Walk-In Assessment, first come first  
serve  
\*Bring photo ID, SSN, proof of residency, insurance

## Jewish Family Services

425 E 63<sup>rd</sup> St  
Kansas City, MO 64110  
816.333.1172

\*Does NOT accept Medicaid, will do sliding scale  
\*Does accept Medicare  
\*Jackson and Johnson Counties Preferred

## Kansas City CARE Clinic

3515 Broadway  
Kansas City, MO 64111  
816.777.2722

\*at time of call you will have a phone screening  
and will be scheduled after this  
\*ages 18-64  
\*Serves: Jackson, Cass, Clay, Platte, Johnson, Ray,  
and Wyandotte  
\*Serves Un/underinsured

## Family Conservancy

444 Minnesota Ave, Suite 200  
Kansas City, KS 66101  
913.742.4357

913.573.1110 for Spanish

\*Serves Metro Area  
\*Reduced Fees Based on Income for no ins.  
\*MO Medicaid in Jackson Co and KS Medicaid at  
KS location, Medicare, some EAP contracts

## Family Guidance Center

Offices in St. Joseph, Cameron, and Maryville  
816.364.1501

\*Walk in Assessment 7:30a-when office fills [St.  
Joseph: M-F ; Cameron: M; Maryville: T]

\*Accepts Missouri Medicaid, private insurance,  
Medicare

\*Also available: SATOP (816.364.2702) and  
Substance Abuse programs

# Counseling CONTINUED

## ReDiscover

Multiple Locations—call for specifics  
*For Substance Use* call: 816.966.0900; you will be transferred to intake coordinator  
*For Behavioral Health* call: 816.966.0900  
\*Fees based on ability to pay; Accepts Medicaid  
\*Behavioral Health for South Jackson Co Area

## Samuel U. Rodgers Health Center

825 Euclid Ave.  
Kansas City, MO 64124  
816.474.4920  
\*Call for scheduled therapy appt  
\*Entire KC Metro—transportation w/in 15min  
\*Accepts Medicare, MO Medicaid, sliding scale

## Swope parkway Behavioral Health

3801 Blue Parkway  
Building B, 2<sup>nd</sup> Floor  
Swope Park Central  
Kansas City, MO 64130  
816.922.1070  
\*Allows Walk-Ins (Hours from 8a-3p)—for evaluations first come first serve (recommended to go in early!)  
\*Only serves Jackson Co., 39-75<sup>th</sup> Sts., State Line to I-435  
\*Proof of income, ID, Proof of address, Insurance, will do sliding scale  
\*Also has Substance Abuse Treatment

## Tri-County

3100 NE 83<sup>rd</sup> St, Ste. 1001  
Kansas City, MO 64119  
816.468.0400  
\*Serves Clay, Platte, Ray Counties  
\*Counseling/Psychiatry, Substance Abuse  
\*Medicare, Medicaid, some private insurance, sliding scale

## UH Behavioral Health-Healing Canvas

300 W 19<sup>th</sup> Terrace  
Kansas City, Mo 64108  
816.404.5709  
Walk-Ins Welcome (M-F from 8:30-2:30p)  
Please bring ID and Insurance Info  
\*Accepts KC Metro Area  
\*CM and intensive care to those KC S of River and 39<sup>th</sup> St.  
\*Counseling/medication clinic  
\*Medicaid, private insurance, sliding scale/UH discount

## UH Fairmount Counseling

606 Hardy Ave  
Independence, MO  
816.404.6334

## UH Lakewood Counseling

300 SE 2<sup>nd</sup>  
Lee's Summit, MO 64139  
816.404.6170

## Operation Breakthrough

3039 Troost  
Kansas City MO 64109  
816.756.3511  
\*Must have child in their care to qualify

## Mattie Rhodes Center

(816) 241-3780  
\*Spanish-speaking providers available  
\*Sliding scale depending on income.

## MC+ Plans

Healthy Blue-- 1-833-388-1407  
United HealthCare—1-844-813-7805  
Home State—1-855-694-4663  
\*Call to see if further counseling options



## During Pregnancy and After Birth: Learn the Signs of Depression and Anxiety

You may be the first to see signs of depression and anxiety in your loved one while she is pregnant and after she has had the baby. Learn to recognize the signs and, if you do see them, urge her to talk with her health care provider.

### DOES SHE:

Seem to get extremely anxious, sad, or angry without warning?

Seem foggy and have trouble completing tasks?

Show little interest in things she used to enjoy?

Seem "robotic," like she is just going through the motions?

### DO YOU:

Notice she has trouble sleeping?

Notice she checks things and performs tasks repeatedly?

Get concerned she cannot care for herself or the baby?

Think she might hurt herself or the baby?

### Depression and Anxiety Happen. **Getting Help Matters.**

To learn more, visit [nichd.nih.gov/MaternalMentalHealth](https://nichd.nih.gov/MaternalMentalHealth).  
To find a mental health provider in your area, call 1-800-662-HELP (4357).



Eunice Kennedy Shriver National Institute  
of Child Health and Human Development



# Talk About Depression and Anxiety During Pregnancy and After Birth

## Ways You Can Help

Pregnancy and a new baby can bring a mix of emotions—excitement and joy, but also sadness and feeling overwhelmed. When these feelings get in the way of your loved one taking care of herself or the baby—that could be a sign that she’s dealing with deeper feelings of depression or anxiety, feelings that many pregnant women and new moms experience.



### LISTEN

Open the line of communication.

- ♦ “I know everyone is focused on the baby, but I want to hear about you.”
- ♦ “I notice you are having trouble sleeping, even when the baby sleeps. What’s on your mind?”
- ♦ “I know a new baby is stressful, but I’m worried about you. You don’t seem like yourself. Tell me how you are feeling.”
- ♦ “I really want to know how you’re feeling, and I will listen to you.”



### OFFER SUPPORT

Let her know that she’s not alone and you are here to help.

- ♦ “Can I watch the baby while you get some rest or go see your friends?”
- ♦ “How can I help? I can take on more around the house like making meals, cleaning, or going grocery shopping.”
- ♦ “I am here for you no matter what. Let’s schedule some alone time together, just you and me.”



### OFFER TO HELP

Ask her to let you help her reach out for assistance.

- ♦ “Let’s go online and see what kind of information we can find out about this.” Visit [nichd.nih.gov/MaternalMentalHealth](https://www.nichd.nih.gov/MaternalMentalHealth) to learn more.
- ♦ “Would you like me to make an appointment so you can talk with someone?” Call her health care provider or the Substance Abuse and Mental Health Services Administration’s National Helpline at **1-800-662-HELP (4357)** for 24-hour free and confidential mental health information, treatment, and recovery services referral in English and Spanish.
- ♦ “I’m very concerned about you.” Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** for free and confidential emotional support—they talk about more than suicide.

# Action Plan for Depression and Anxiety Around Pregnancy

Having a baby brings a mix of emotions, including feeling sad and feeling overwhelmed. Many women experience deeper signs of depression and anxiety before and after birth. Be prepared. Watch for the signs.

## If you...

- Feel like you just aren't yourself
- Have trouble managing your emotions
- Feel overwhelmed but are still able to care for yourself and your baby



## You may be experiencing mood swings that happen to many pregnant women and new moms.

These feelings typically go away after a couple of weeks.

- Take special care of yourself. Get your partner to watch the baby, get a babysitter, or team up with another mom to share child care so that you can rest and exercise.
- Continue to watch for the signs of depression and anxiety in the yellow and red sections below. If things get worse, find someone to talk to. Talk to a health care provider if you feel unsure.

## If you...

- Have feelings of intense anxiety that hit with no warning
- Feel foggy and have difficulty completing tasks
- Feel "robotic," like you are just going through the motions
- Have little interest in things that you used to enjoy
- Feel very anxious around the baby and your other children
- Have scary, upsetting thoughts that don't go away
- Feel guilty and feel like you are failing at motherhood

## You may be experiencing postpartum depression and anxiety.

These feelings will not go away on their own.

- Get help. Contact your health care provider or visit a clinic.
- Call Postpartum Support International at 1-800-944-4PPD (4773) to speak to a volunteer who can provide support and resources in your area.
- Talk to your partner, family, and friends about these feelings so they can help you.

## If you...

- Feel hopeless and total despair
- Feel out of touch with reality (you may see or hear things that other people don't)
- Feel that you may hurt yourself or your baby

## Get help now!

- Call 9-1-1 for immediate help.
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free and confidential emotional support—they talk about more than suicide.
- Call the Substance Abuse and Mental Health Services Administration's National Helpline at 1-800-662-HELP (4357) for 24-hour free and confidential mental health information, treatment, and recovery services referral in English and Spanish.

## Depression and Anxiety Happen. Getting Help Matters.

To learn more, visit [nichd.nih.gov/MaternalMentalHealth](http://nichd.nih.gov/MaternalMentalHealth).

To find a mental health provider in your area, call 1-800-662-HELP (4357).



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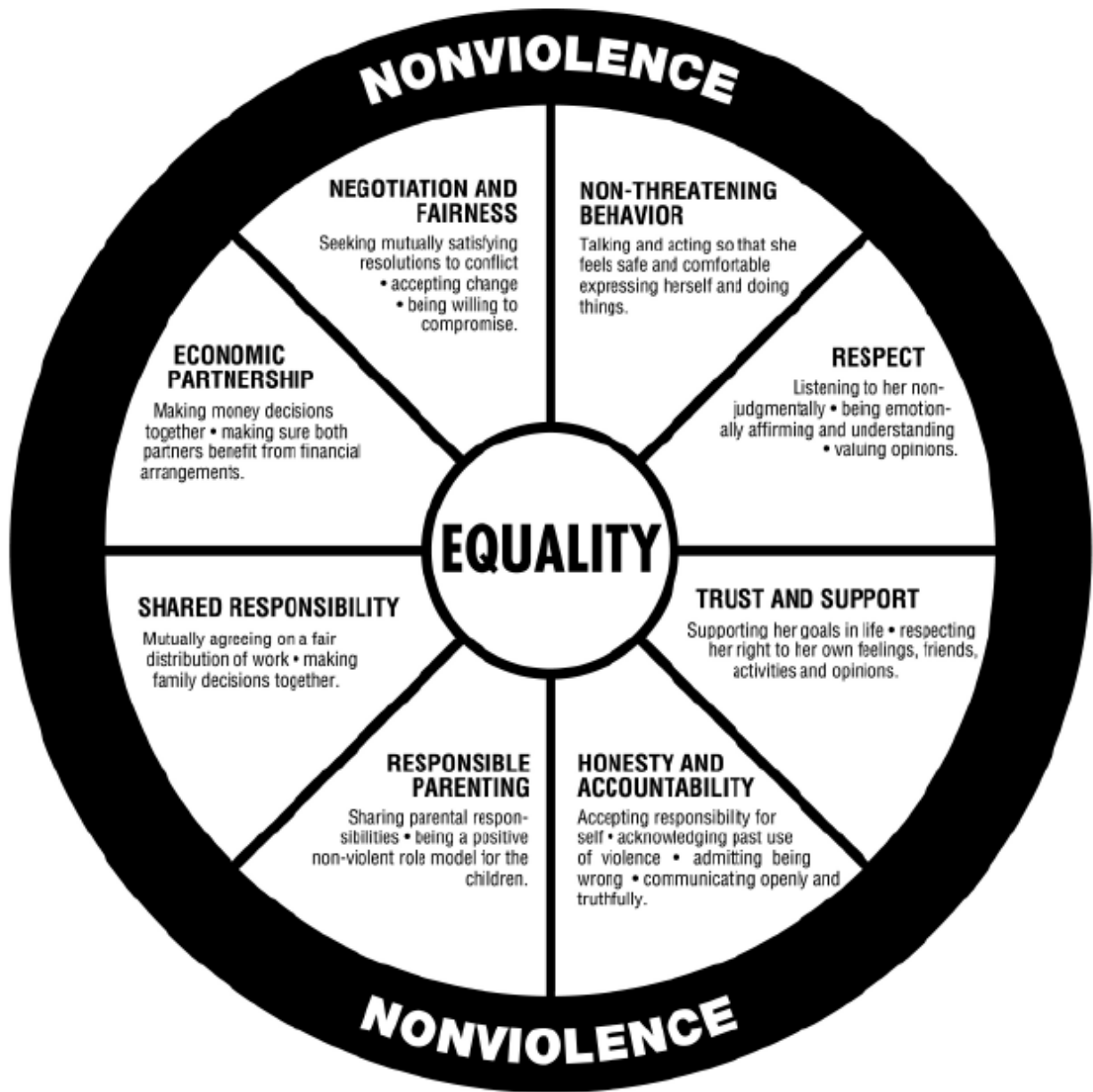


NATIONAL  
CHILD &  
MATERNAL HEALTH  
EDUCATION PROGRAM





DOMESTIC ABUSE INTERVENTION PROGRAMS  
 202 East Superior Street  
 Duluth, Minnesota 55802  
 218-722-2781  
[www.theduluthmodel.org](http://www.theduluthmodel.org)



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# IPV Resources

## Domestic Violence Network – Metro Hotline

(816) 468-5463

## The Empowerment Program

Contact: Johanna Nilsson (816) 235-2484

For refugee and immigrant women in the areas of adjustment, mental health and domestic violence. Services include workshops in mental health, domestic violence, acculturation, counseling, outreach and case management by bi-lingual, bi-cultural advocates. For residents in greater Kansas City area. Interpreters are available.

## Hope House

(816) 461-4673

## Johnson County Mental Health

6000 Lamar, Shawnee Mission, KS 60002

(913) 826-4200

## Joyce Williams Center

Kansas City, Kansas

(913) 321-0951

Kansas 24-hour Crisis Line (913) 642-0233

Business Line (816) 931-4527

## Kansas City Missouri Police Department

1125 Locust Street, Kansas City, MO 64106

(816) 234-5235

## Legal Aid of Western Missouri

(816) 474-6750

## Mental Health of the Heartland

(913) 281-2221

Missouri 24-hour Crisis Line (816) 531-0233

## Missouri Victim Automated Notification System

To search for criminal cases, order of protection

(866) 566-8267

## MOCSA (Metropolitan

## Organization to Counter Sexual Assault)

3100 Broadway Suite 400, Kansas City, MO 64111

(816) 931.4527

## National Domestic Violence Hotline

(800) 799-7233

[www.ndvh.org](http://www.ndvh.org)

## National Human Trafficking—Hotline

1 (888) 373-7888

## Newhouse for Battered Women – Hotline

(816) 471-5800

## Orders of Protection (Missouri)

Kansas City 415 E. 12th (816) 881-3974

Independence 306 W. Kansas (816) 881-4555

Platte County Platte City (816) 858-3485

Clay County Liberty (816) 404-3908

Cass County Harrisonville (816) 380-8232

## Rose Brooks

816-861-6100

## Safehaven – Hotline

(816) 321-7050

## Safe Home

(913) 262-2868

## Stop Violence Coalition

Educational material, advocacy, information

(816) 753-8002

Family Conservancy

Missouri (816) 373-7577

Kansas (913) 9342-1110

Intake & Referral (913) 742-4357

For Spanish (913) 573-1110

## Veronica’s Voice

Missouri (816) 483-7101

Kansas (913) 214-1401

# Substance Use & Pregnancy

## Risks of Stillbirth from substance use in pregnancy

- Tobacco use—1.8 to 2.8x greater risk of stillbirth/highest risk found among heaviest smokers
- Marijuana Use—2.3x greater risk of stillbirth
- Evidence of any stimulant, marijuana, or prescription pain reliever—2.2x greater risk of stillbirth
- Passive exposure to tobacco—2.1x greater risk of stillbirth

## Symptoms of drug withdrawal:

Can develop immediately or up to 14 days after birth:

- blotchy skin coloring
- excessive or high-pitched crying
- abnormal sucking reflex
- hyperactive reflexes
- increased muscle tone
- stuffy nose & sneezing
- diarrhea
- rapid breathing
- increased heart rate
- irritability
- sleep problems
- trembling
- fever
- seizures
- sweating
- poor feeding
- slow weight gain
- vomiting

## Long-term and possibly fatal effects:

- sudden infant death syndrome (SIDS)
- small head circumference
- low birth weight
- premature birth
- birth defects

## Resources

Substance use can leave lasting effects on your newborn. Acknowledging a need for help is difficult, yet important decision. Your care team is available to help support you and provide you with the resources you need to help stop use to ensure a healthy pregnancy for you and your newborn. Please ask to meet with Social Work at your next appointment or speak with your provider to complete a referral.

## SMOKING CESSATION

*\*Speak to provider for specific assistance*

North Kansas City Hospital: 'Give Up Tobacco' Email Mary Valla at [mary.valla@NKCH.org](mailto:mary.valla@NKCH.org) or call (816)691-1690 for more information.

KU Medical Center: RN schedules appts for smoking cessation. Call (913)588-1908 for more information.

*Abuse, N. I. (2016, September). Substance Use While Pregnant and Breastfeeding. Retrieved 05 16, 2018, from [www.drugabuse.gov: https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/substance-use-while-pregnant-breastfeeding](https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/substance-use-while-pregnant-breastfeeding)*



# What Does A Safe Sleep Environment Look Like?

The image below shows a safe infant sleep environment.

Baby's sleep area is in the same room, next to where parents sleep.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Do not smoke or let anyone else smoke around your baby.



Do not put pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers the baby's head.

Dress your baby in sleep clothing, such as a wearable blanket. Do not use a loose blanket, and do not overbundle.

Always place your baby on his or her back to sleep, for naps and at night.







**NIH** Eunice Kennedy Shriver National Institute of Child Health and Human Development



\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.

# Safe Sleep For Your Baby

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

-  Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
-  Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet with no other bedding or soft items in the sleep area.
-  Share your room with baby. Keep baby in your room close to your bed, but on a separate surface designed for infants, ideally for baby's first year, but at least for the first 6 months.
-  Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.

To reduce the risk of SIDS, women should:

-  Get regular prenatal care during pregnancy.
-  Avoid smoking, drinking alcohol, and using marijuana or illegal drugs during pregnancy or after the baby is born.
-  Do not smoke during pregnancy, and do not smoke or allow smoking around your baby or in your baby's environment.
-  Think about giving your baby a pacifier for naps and nighttime sleep to reduce the risk of SIDS. Wait until breastfeeding is well established (often by 3 to 4 weeks) before offering a pacifier.
-  Do not let your baby get too hot during sleep.

For more information about the Safe to Sleep® campaign, contact us:

**Phone:** 1-800-505-CRIB (2742) | **Fax:** 1-866-760-5947


**Email:** [SafetoSleep@mail.nih.gov](mailto:SafetoSleep@mail.nih.gov)





**Website:** <http://safetosleep.nichd.nih.gov>

**Mail:** 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

**Federal Relay Service:** Dial 7-1-1



 **Breastfeed your baby to reduce the risk of SIDS.** Breastfeeding has many health benefits for mother and baby. If you fall asleep while feeding or comforting baby in an adult bed, place him or her back in a separate sleep area as soon as you wake up.

-  Follow guidance from your health care provider on your baby's vaccines and regular health checkups.
-  Avoid products that go against safe sleep recommendations, especially those that claim to prevent or reduce the risk for SIDS.
-  Do not use heart or breathing monitors in the home to reduce the risk of SIDS.
-  Give your baby plenty of tummy time when he or she is awake and someone is watching.

\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at **1-800-638-2772** or <http://www.cpsc.gov>.

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# Shaken Baby Syndrome

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## Never Shake A Baby – Tips for Parents and Caregivers

Approximately 1,200 to 1,400 children are injured or killed by shaking a baby every year in the United States.\* Most of these people could never imagine harming their baby – it was an instantaneous reaction to frustration. Caregivers must be educated about Shaken Baby Syndrome (SBS).

- Although it may happen out of frustration, shaking a baby vigorously is a serious form of child abuse.
- A single shaking episode can result in death or other severe injuries such as mental retardation, speech and learning disabilities, cerebral palsy, seizure disorder, hearing loss, partial or total blindness, behavior disorders, cognitive impairment, spinal cord injury, paralysis, broken bones and dislocations.
- Caring for a baby can be difficult and frustrating. Babies cry for many reasons including:
  - Hunger
  - Need to be burped
  - Need diaper change
  - Too hot or too cold
  - Fever or pain from earache, teething, rash, or insect bite
  - Need to be held or soothed
  - Overtired
  - Over stimulated
  - Sometimes babies just need to cry!
- **If you are frustrated, gently place baby in his or her crib and go to another room for a few minutes until you calm down.** Take several deep breaths, count to 100, listen to soft music, exercise, do household chores, or go for a walk (do not leave baby home alone).
- Caregivers must be educated about Shaken Baby Syndrome. Make sure they understand the dangers of shaking a baby. Provide them with the number for an alternate caregiver who can help. Also available is the Child Help USA Hotline 1-800-4-A-CHILD. Caregivers can speak to a counselor during stressful times through this free, confidential hotline.
- Reassure your caregiver and make them feel comfortable that it is OK to call you at work if baby is inconsolable.

SOURCE: Together With Baby, LLC ([http://www.togetherwithbaby.com/Handouts/handout\\_sbs.pdf](http://www.togetherwithbaby.com/Handouts/handout_sbs.pdf))

## How to Calm A Crying Baby



Babies communicate by crying

### Step # 1: Try to figure out what is upsetting the baby

Make sure your baby:

- Is not hungry or doesn't need to burp
- Has a dry diaper
- Is in comfortable clothing
- Is not too hot or too cold
- Is not overtired or overstimulated by playing, noise, or bright lights
- Is not sick or does not have a fever
- Is not in pain



A tight swaddle can help your baby relax

### Step # 2: Try to help the baby relax

- Turn down the lights
- Wrap or swaddle the baby securely
- Rock the baby gently
- Offer the breast, a bottle, or a pacifier
- Walk with your baby
- Play some calm music
- Shhh, whisper, sing, or talk quietly to the baby
- Run the vacuum cleaner
- Take your baby for a ride in a stroller or in a car



Always keep your baby safe

### Step # 3: Keep your baby safe

Sometimes babies cry even after all of these steps are taken. Do not take this personally. Every caregiver needs a plan to deal with a crying baby. If you feel overwhelmed, frustrated, angry, or out of control, then:

- Stop
- Take a deep breath and count to 10
- Place your baby in a safe place, such as a crib or playpen
- Leave the room and shut the door
- Find a quiet place for yourself and take a time out
- Check on your baby every 5-15 minutes
- If you are calm and in control you can repeat step #1 and #2
- Do not be afraid to ask for help

### Asking for Help

Keeping your baby safe and asking for help are signs of a good parent. Stop, take time out, and call for help you can:

- Call a friend, relative, or neighbor for support and advice
- Ask another adult to take care of your baby while you take a break
- Call a crisis hotline (1-800-4-A-CHILD)
- Call your health care provider

**Source:** National Association of Neonatal Nurses  
Karin M. Gracey, RNC, MSN, CNNP, Column Editor & Suzanne Franklin Carbaugh, RN, MS, APRN, NNP

**Everyone who cares for a baby or a young child needs to be aware of the serious consequences of child shaking. For more information:**

**National Center On Shaken Baby Syndrome**  
(888)-273-0071  
[www.don'tshake.com](http://www.don'tshake.com)  
The Shaken Baby Alliance  
(877)-6-END-SBS  
[www.shakenbaby.com](http://www.shakenbaby.com)

