



The Children's Aid Society of Ottawa | La Société de l'aide à l'enfance d'Ottawa



**FOR IMMEDIATE RELEASE**

**July 19, 2010**

**Ensure Safe Sleep for Babies During Your  
Summer Holiday Travels**

**Important Reminder To Community**

**Ottawa**– The summer holidays are often times of travel, camping and visiting with family and friends. The Children's Aid Society of Ottawa and Ottawa Public Health (OPH) remind parents and caregivers to remain vigilant to keep young infants safe when they nap and sleep away from home during the summer months.

"Bed-sharing or using couches, futons or air mattresses for infant sleep puts your baby at serious risk of suffocation, heat exhaustion and even death," said Dr. Vera Etches, Associate Medical Officer of Health, Ottawa Public Health. "When planning family trips this summer, parents and caregivers should always consider safe sleeping practices and make the appropriate travel arrangements to guarantee their baby sleeps safely while away from home."

Last year, more than one-third of 96 undetermined infant deaths in Ontario involved unsafe sleeping environments and nearly one in five of those involved bed sharing.

Ottawa Public Health recommends these key tips to keep your infant safe during your travels this summer:

- Place your baby on his/her back, in a crib for every sleep, including naps
- Make sure your baby's surroundings are smoke-free
- Put your baby's crib next to your bed for the first six months
- Remove all soft or loose bedding, toys and bumper pads from the crib
- Check to see your baby is not too warm
- Car seats and playpens must not be used to replace a crib

Parents can find important product information and tips for travelling families at the following websites:

<http://www.hc-sc.gc.ca/cps-spc/advisories-avis/aw-am/sleep-sommeil-eng.php>

<http://www.sidscanada.org/grandparents.html>

<http://www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-car-cartime-stage1-221.htm#using>

<http://www.safekidscanada.ca/Parents/Safety-Information/Car-Seats/Seat-Considerations/Car-Seat-Considerations.aspx#sleeping>

<http://www.phac-aspc.gc.ca/dca-dea/prenatal/sids-eng.php>

For more information on safe sleep for babies, visit <http://www.ottawa.ca> or call 613-580-6744.

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