

From: John Mlynar
Sent: Thursday, September 17, 2009 2:50 PM
To: Kari Robertson
Subject: RE: PR: Safe Sleep Tips for Babies Now Available on City of Palmdale's Web Site

FOR IMMEDIATE RELEASE
CITY OF PALMDALE
NEWS RELEASE

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DATE: September 16, 2009

Safe Sleep Tips for Babies Now Available on City of Palmdale's Web Site

PALMDALE - The City of Palmdale sponsored Families in *Action* program is offering a free downloadable copy of a "Safe Sleep Tips for Your Baby" brochure on its Web page, www.cityofpalmdale.org/familiesinaction. The brochure is available in both English and Spanish.

"There has been a marked increase in what is called 'co-sleeping,'" said Palmdale Family Development Supervisor Kari Robertson. "This is where parents bring their infant into bed with them when they sleep, and this has led to an alarming increase in the rate of infant deaths during the past twenty years. The brochure we are making available was produced by the Los Angeles County Department of Public Health and provides helpful tips to educate parents on safe sleeping practices for babies."

"These deaths are tragic", said Department of Children and Family Services Regional Administrator in the Palmdale office, Rick Bryant. "Parents are trying to be good parents by keeping their babies close to them, but it's not safe. Whether parents fall asleep with their infant in bed with them, or in a chair with them, or in beds with other siblings, it is dangerous. These fragile infants then become at risk of being crushed or smothered by the very ones who love them and want to protect them. These deaths are preventable, and parents need to

understand the risks.”

According to the Web site www.ican4kids.org, a report recently released by the Inter-Agency council on Child Abuse and Neglect (ICAN) indicated that the Los Angeles County Coroner reported that in 2006 and 2007, 86 infants under the age one died from suffocation while sharing a bed with a sibling, parent or other adult.

“In February 2009, the National Centers for Disease Control reported that the rate of infant deaths due to co-sleeping had risen four times over the last twenty years,” Robertson said. “Unsafe bedding, pillows and blankets were also cited as risk factors.

For more information on safe sleeping please contact the Los Angeles Department of Children and Family Services Palmdale office at 661/223-4100 or Lancaster office at 661/951-4107, or Ican4Kids at 626/455-4585.

To report child safety risks, abuse, or neglect, please call 800/540-4000.

For more information about Families in *Action* please call 661/267-5665.

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