

## FINAL VERSION

### Safe to Sleep- social messages Mar 31- June 30

#### Facebook:

- Did you know? Georgia averages three infant deaths a week due to sleep-related causes. DPH is working with birthing hospitals across the state to end infant sleep-related deaths!  
<http://dph.georgia.gov/safetosleep>
- Research shows that most infant sleep-related deaths in Georgia occurred in an adult bed. Make sure you're following the ABC's of safe sleep: Alone, Back and Crib! For more details, follow the link .  
<http://dph.georgia.gov/safe-sleep-every-sleep>
- DPH is working with birthing hospitals and partners across the state to reduce the rate of infant sleep-related deaths in Georgia: <http://dph.georgia.gov/hospital-based-safe-sleep-program>
- Does your baby have the right sleeping environment to reduce their risk of SIDS? Check out the ABC's and help protect your baby! <http://dph.georgia.gov/safe-sleep-every-sleep>
- What do we mean when we suggest a baby should sleep alone? It might not be what you think!  
<http://dph.georgia.gov/safe-sleep-qa>
- Did you know? Your baby has a risk of SIDS for the first year of life, with a heavy emphasis on the first five months. Make sure you're following the ABC's of safe sleep! <http://dph.georgia.gov/safe-sleep-every-sleep>
- Does your child's doctor teach the ABCs of safe sleep? <http://dph.georgia.gov/hospital-based-safe-sleep-program>
- Do you know what a safe sleep environment looks like and why it's important? Check your knowledge.  
<http://dph.georgia.gov/safetosleep>
- We have a vision of a Georgia where preventable sleep-related deaths do not occur. See what we're doing along with birthing hospitals to make that happen. <http://dph.georgia.gov/hospital-based-safe-sleep-program>
- Babies need tummy time! Place babies on their stomach while they are awake and while someone is watching to improve their motor skills and strengthen their neck muscles.  
<https://www.nichd.nih.gov/sts/about/pages/tummytime.aspx>
- Through our Hospital-Based Safe to Sleep program, we're helping parents and grandparents learn how to reduce their baby's or grandchild's risk of SIDS and other sleep-related infant deaths.  
<http://dph.georgia.gov/hospital-based-safe-sleep-program>
- Most SIDS and other sleep-related infant deaths occur when babies are between 1 and 4 months of age. Here's how to help reduce their risk.  
<https://www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx>

- Birthing hospitals in Georgia are joining DPH to help reduce the rate of infant sleep-related deaths across Georgia. <http://dph.georgia.gov/hospital-based-safe-sleep-program>
- Have a baby on the way? It's important to know the ABC's of safe sleep before the birth of your child! <http://dph.georgia.gov/safe-sleep-every-sleep>
- SIDS and sleep-related infant deaths are contributing factors to Georgia's high infant mortality rate. See what DPH is doing to help create a Georgia with no preventable infant sleep-related deaths. <http://dph.georgia.gov/sids-data-and-risk-factors>
- Have a baby between 0 and 4 months? They're the most at-risk for infant sleep-related deaths. Check out what DPH is doing to help keep Georgia's babies sleeping safe! <http://dph.georgia.gov/hospital-based-safe-sleep-program>
- Do you know what is considered a safe sleeping environment? Check out the health information to make sure your baby is getting safe sleep for ever sleep! [http://www.medscape.com/features/slideshow/safe-sleep-principles?src=WNL\\_infoc\\_160320\\_MSCPEDIT&implID=1025656&faf=1?src=soc\\_fb\\_160321-am\\_mscpedt\\_ss\\_sleep](http://www.medscape.com/features/slideshow/safe-sleep-principles?src=WNL_infoc_160320_MSCPEDIT&implID=1025656&faf=1?src=soc_fb_160321-am_mscpedt_ss_sleep)
- Your baby's sleeping position is critical to their health. Make sure you're following the ABCs: Alone, on their Back and in their Crib! <http://dph.georgia.gov/safe-sleep-every-sleep>
- Your baby's sleeping position is critical to his/her health. Make sure you're following the ABCs: **Alone.** Babies should sleep **alone** in their own sleep space, close to but separate from their caregiver. **Back.** Babies should be placed on their **back** to sleep. Every sleep. Every nap. Every time. **Crib.** Babies should sleep in a **crib** or bassinet with a firm mattress. No blankets, crib bumpers or toys. <http://dph.georgia.gov/safe-sleep-every-sleep>
- Have questions regarding your baby sleeping on his or her back? We've got answers! <http://dph.georgia.gov/safe-sleep-qa>
- Want to make sure you have a safe sleeping environment for your baby? <https://www.nichd.nih.gov/sts/about/environment/room/Pages/default.aspx>

#### Twitter:

- Did you know? Georgia averages three infant deaths a week due to sleep-related causes. See what DPH is doing to lower risks. #SafeSleepGA <http://dph.georgia.gov/safetosleep>
- Research shows that most infant sleep-related deaths in Georgia occurred in an adult bed. Make sure you're following the ABC's of safe sleep: <http://dph.georgia.gov/safe-sleep-every-sleep> #SafeSleepGA
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- Does your baby have the right sleeping environment to reduce their risk of infant sleep-related deaths? <http://dph.georgia.gov/safe-sleep-every-sleep> #SafeSleepGA
- What do we mean when we suggest a baby should sleep alone? It might not be what you think! <http://dph.georgia.gov/safe-sleep-qa>
- Did you know? Your baby has a risk of infant sleep-related deaths for the first year of life, with a heavy emphasis on the first five months. #SafeSleepGA <http://dph.georgia.gov/safe-sleep-every-sleep>
- Does your provider teach the ABCs of safe sleep? <http://dph.georgia.gov/hospital-based-safe-sleep-program> #SafeSleepGA
- Do you know everything that's needed for a safe sleep environment? <http://dph.georgia.gov/safetosleep> #SafeSleepGA
- We have a vision of a Georgia where preventable sleep-related deaths do not occur. <http://dph.georgia.gov/hospital-based-safe-sleep-program> #SafeSleepGA
- Babies need tummy time! See why here: <https://www.nichd.nih.gov/sts/about/pages/tummytime.aspx> #SafeSleepGA
- Through our Hospital-Based Safe to Sleep program, we're helping parents learn how to reduce their baby's risk of SIDS. #SafeSleepGA <http://dph.georgia.gov/hospital-based-safe-sleep-program>
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- Birthing hospitals in Georgia are joining us to help reduce the rate of infant sleep-related deaths across Georgia. <http://dph.georgia.gov/hospital-based-safe-sleep-program> #SafeSleepGA
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- Have a baby between 0 and 4 months? They're the most at-risk for infant sleep-related death. Check out what DPH is doing to help them sleep safe! <http://dph.georgia.gov/hospital-based-safe-sleep-program> #SafeSleepGA
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