

SAFE SLEEP FOR EXPECTANT MOTHERS AND MOTHERS OF NEWBORNS

Medallion 3.0 and Safe Sleep Virginia

The Department of Medical Assistance Services (DMAS) encourages expectant mothers and mothers of newborns to follow the safe sleep guidelines developed by the Virginia Department of Health, which can be found at <http://www.vdh.virginia.gov/safe-sleep/> to prevent Sudden, Unexpected Infant Death (SUID).

DMAS encourages expectant mothers and mothers of newborns enrolled in a Medicaid managed care organization (MCO) to contact their MCO to obtain important information about the services they offer for you and your baby. MCO contact information along with side by side comparisons of the MCOs that participate in the Medicaid managed care program, MEDALLION 3.0 is located at <https://www.virginiamanagedcare.com/choose/compare-plans>

Baby Boxes

Many people are interested in using a baby box as a safe sleep spot for a baby to sleep. It is important to remember that the Baby Box is only a part of ensuring that your baby has a safe sleep environment. New and expecting parents in Virginia can register to receive a free Baby Box by following these instructions:

- Register for free online at Baby Box University (<https://www.babyboxco.com/blogs/news/how-to-get-a-virginia-baby-box-in-three-simple-steps>) as a Virginia resident.
- Watch the 15-20 minute Virginia syllabus.
- After taking a short quiz, parents will receive a certificate of completion and then select local pick-up or direct delivery of their Baby Box.

For more immediate delivery, parents should bring their Baby Box University certificate and visit their closest distribution site, which can be found here. If parents select direct delivery, their Baby Box will ship to the address provided at registration on Baby Box University.



MEDALLION 3.0 MEDICAID MANAGED CARE PROGRAM
DEPARTMENT OF MEDICAL ASSISTANCE SERVICES



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If you chose a baby box, it is important to remember all of the guidelines provided by the Virginia Department of Health, as well as the following safety tips:

- Never move the Baby Box with your baby in it,
- Always place the Baby Box on a firm, flat surface, such as the floor,
- Avoid placing the Baby Box where people will be walking to avoid tripping and falling,
- Ensure pets do not try to crawl in the Baby Box when being used by the baby,
- Only use the bedding that comes with the Baby Box to ensure a snug fit,
- Keep the Baby Box away from an open flame,
- Do not let the Baby Box get excessively wet, do not leave it out in the rain or place in the bath tub,
- Never use the lid while your baby is inside.

These guidelines include the following important recommendations:

1. Use a firm sleep surface
2. Do not put anything (pillows, toys, or crib bumpers) anywhere near the sleep area
3. Babies should not sleep in an adult bed, on a couch, or on a chair alone, with anyone
4. Babies should not sleep in swings, car seats, or carriers
5. Have your baby share your room, not your bed
6. Always place baby on his/her back for every sleep (naps and bedtime)
7. Do not let your baby overheat during sleep
8. Do not use devices or products that claim to reduce the risk of SIDS/SUID
9. There is no evidence to recommend swaddling as a strategy to reduce SIDS.
10. Do not use home heart or breathing monitors to reduce the risk of SIDS
11. Do not smoke or let others smoke around your baby