



NEWS RELEASE

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North Bay Hosts Leading Scientist on Safe Infant Sleep Practices

New parents with concerns about how sleep practices affect the health and safety of their babies are invited to attend a special event this evening with Dr. James J. McKenna, a leading scientist on safe infant sleep. Dr. McKenna pioneered the first physiological studies of the effects of parent-infant sleep practices and has published more than 120 scientific articles on the subject.

Tonight's Information Session, titled "Dispelling Myths About Infant Sleep", takes place from 6:30 pm to 7:30 pm at the Ontario Early Years Centre at 171 Chippewa Street West in North Bay. The North Bay Parry Sound District Health Unit, in partnership with Best Start and the Early Years Centre, are pleased to offer parents this opportunity to hear current research and information to address their concerns and help them make informed decisions.

Quote

"Over the years there has been some controversy about where and how babies should sleep, especially as it relates to decreasing the risk of Sudden Infant Death Syndrome (SIDS) " says Anne Smith, a Public Health Nurse with the North Bay Parry Sound District Health Unit. "We encourage informed decision making so we are very excited about this opportunity for parents."

Quick Facts

- Good sleep habits are important to a baby's physical health and emotional well-being.
- Many things affect the safe sleep of a baby including location, sleep position and type of bedding.
- The safety of a baby sleeping with a parent has been debated for years.

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