

Health Officials Encourage Making Infant Sleep Places ...Safe Spaces

With the news about recent recalls of drop-side cribs, as well as other crib models and designs, some parents are asking, “Do I really need to buy a new crib?”, and many parents may unknowingly be choosing unsafe alternatives for their babies. The use of adult beds, standard size mattresses, couches, futons, and recliners place infants at increased risk of death caused by accidental suffocation and strangulation, according to the Oklahoma State Department of Health (OSDH).

Research by the American Academy of Pediatrics (AAP) shows that infants are 40 times more likely to suffocate in an adult bed than in a crib. The AAP recommendations are based on years of research examining infant deaths related to sleep environment and are aimed at reducing the risk of infant sleep-related deaths.

A safe crib, bassinet, or portable crib is still the safest place for an infant to sleep. To help reduce the number of infant deaths related to unsafe sleep places, the AAP and the OSDH recommend the following:

- Infants should sleep only in cribs or bassinets approved by the Consumer Product Safety Commission.
- Infants should sleep on a firm sleep surface, such as on a safety-approved crib mattress, covered by a tightly fitted sheet.
- Keep soft bedding, quilts, comforters, bumper pads, pillows, sheepskin and toys out of the crib.
- Keep the infant’s sleep area close to, but separate from, where you and others sleep.
- Always place the infant on his or her back to sleep, for naps and at night.

Each Tuesday in October, the OSDH is offering interactive crib displays that feature an unsafe crib and a safe crib, based on AAP recommendations for safe sleep. The cribs will be on display in the atrium area at the OSDH, located at 1000 NE 10th St. in Oklahoma City, from 1 p.m. to 3 p.m.

“We encourage parents, caregivers, health care providers and the general public to drop by and view the crib display to learn more about safe sleep practices for infants. Check your crib at home to make sure it is safe and if you have any questions call the health department or check the product recall list and photos of safe cribs on the U.S. Consumer Product Safety Commission website at www.cpsc.gov/cribs,” said OSDH Infant Safe Sleep/SIDS Coordinator, Julie Dillard.

For more information and materials about infant safe sleep, contact Dillard at (405) 271-4480. Suggested websites related to infant safe sleep include “Preparing for a Lifetime, It’s Everyone’s Responsibility” at <http://iio.health.ok.gov> and click on Safe Sleep, or view the AAP website at www.aap.org.

###

Photo Submitted/jpg file attached



Infants should sleep only in cribs or bassinets approved by the U.S. Consumer Product Safety Commission.