



Preparing
for a
Lifetime
It's Everyone's Responsibility

INFANT SAFE SLEEP



What can you do?

- Sudden Unexplained Infant Death (SUID) can be very scary for families but there are many things that researchers are learning that can help keep our babies safe
- The American Academy of Pediatrics and the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development Agency have found ways to reduce the risks
- Let's Talk about the things we need to do to make sure babies are sleeping safely and comfortably

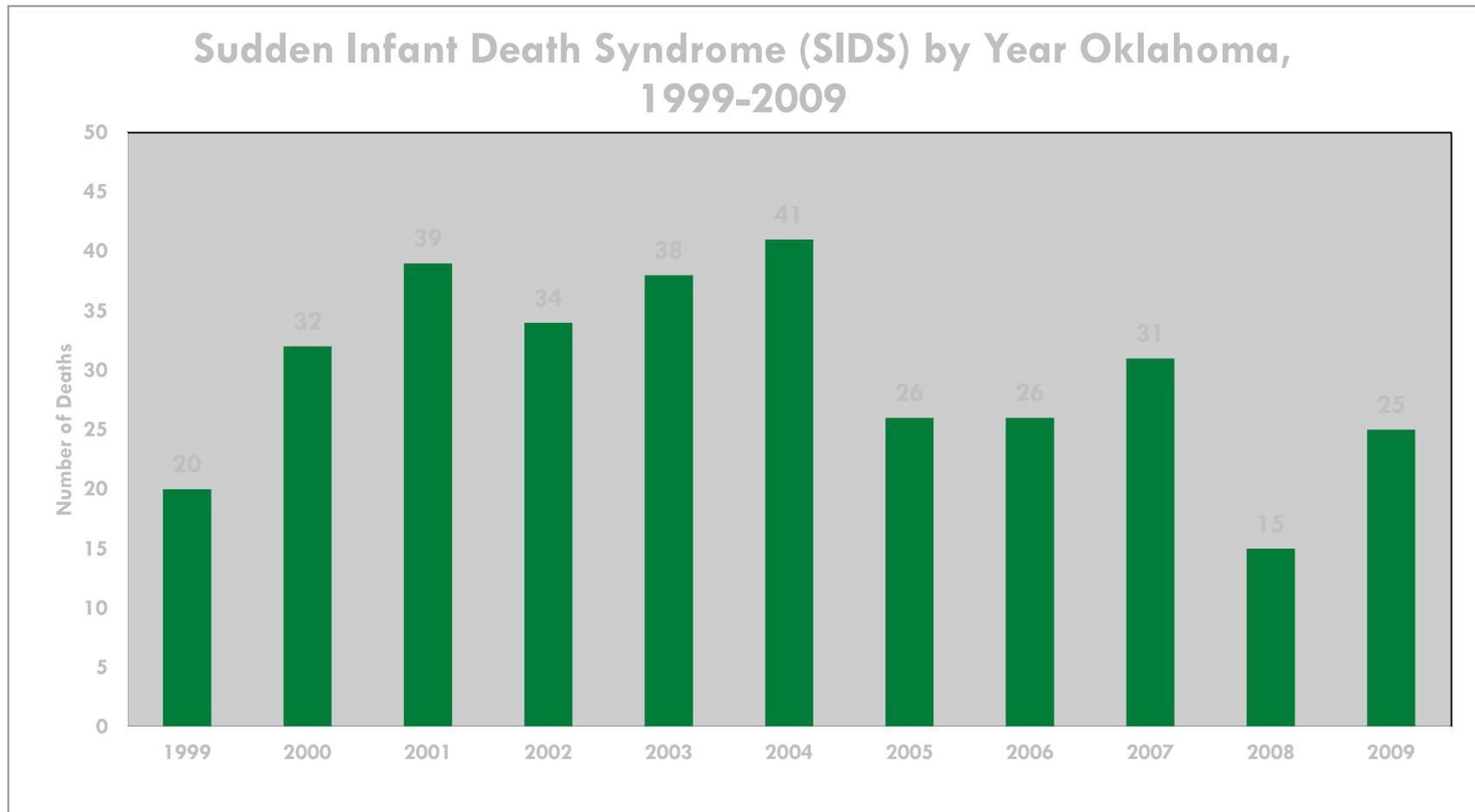
What is SIDS?



Sudden Infant Death Syndrome (SIDS) is the sudden death of a baby less than one year of age that remains unexplained after an investigation, including:

- ▣ an autopsy
- ▣ death scene examination
- ▣ review of the medical history of the baby and the family

SIDS in Oklahoma



Data source: Oklahoma State Department of Health (OSDH), Center for Health Statistics, Health Care Information, Vital Statistics 1999 to 2009, on Oklahoma Statistics on Health Available for Everyone (OK2SHARE),

High Risk Period

The risk of SIDS peaks at **2 to 4 months of age**. SIDS is rare during the first month of life and after the age of six months



Age – Vulnerability

2-4 months - 75 percent

4-6 months - 15 percent

Important Distinctions

SIDS IS...	SIDS IS NOT...
Leading cause of death in infants 1 month to 1 year old	NOT preventable, but the risk CAN be reduced
Happens to seemingly healthy infants	NOT caused by aspiration (inhaling fluids or other foreign objects)
Associated with sleep	NOT suffocation
Little or no signs of suffering	NOT caused by immunizations
A diagnosis of exclusion (other causes have been ruled out)	NOT a result of child abuse/ neglect

Other Sleep Related Deaths



- *In addition to SIDS, infants in Oklahoma die after being put down to sleep in an unsafe sleeping space*

3 Types of Sleep-Related Sudden Unexplained Infant Death (SUID)

- **Sudden Infant Death Syndrome (SIDS)**
 - Unknown cause
 - Not preventable, but risks can be reduced
- **Accidental Suffocation and Strangulation in Bed (ASSB)**
 - Caused by unsafe sleep environment
 - Preventable
- **Undetermined**
 - Unknown cause
 - Cases often have evidence of unsafe sleep environment
 - Often preventable

*Risk reduction guidelines remain
the same for of all 3 types of deaths

Accidental Suffocation and Strangulation in Bed (ASSB)

ASSB includes:

Suffocation by:

- ❑ (1) soft bedding, soft or pillow-like bumpers, wedges, positioners, soft pillows or waterbed mattress;
- ❑ (2) overlaying or rolling on top of or against an infant while sleeping;
- ❑ (3) wedging and entrapment of an infant between 2 objects such as a mattress and wall, bed frame, or furniture;

and

Strangulation by asphyxiation

Accidental Suffocation or Strangulation Deaths in Oklahoma, 1999-2009



- 1999-2004 there were 15 deaths classified as accidental suffocation or strangulation
- 2005-2009 there were 24 deaths classified as accidental suffocation or strangulation
- 2005-2009 deaths represent a **60% increase** in deaths classified as accidental suffocation or strangulation compared to the deaths during years 1999-2004

Data source: Oklahoma State Department of Health (OSDH), Center for Health Statistics, Health Care Information, Vital Statistics 1999 to 2009, on Oklahoma Statistics on Health Available for Everyone (OK2SHARE), www.health.ok.gov/ok2share

Racial Disparities

- Despite important reduction in the Oklahoma infant mortality rate over the last 3 decades, racial disparities still persist
- African Americans consistently have an infant mortality rate twice that of whites
- American Indian/Alaska Natives also have higher infant mortality rates than whites



Proven to Reduce Risk

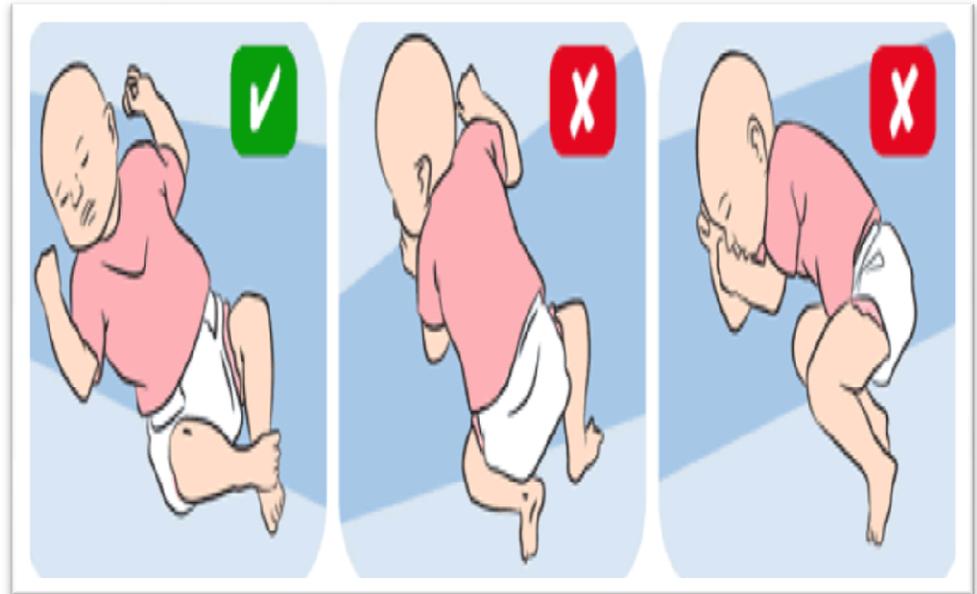
- Always place a baby to sleep on his or her back whenever you are putting them down for a nap or sleep time.

Why?

- Since the “Back to Sleep” Campaign launched in 1994, **SIDS related deaths have decreased by 50%**
- The American Academy of Pediatrics endorses the use of back-only sleep position
- Back sleep
 - ❖ Keep baby’s mouth and nose unblocked
 - ❖ Head uncovered
 - ❖ Prevent overheating

Sleep Position

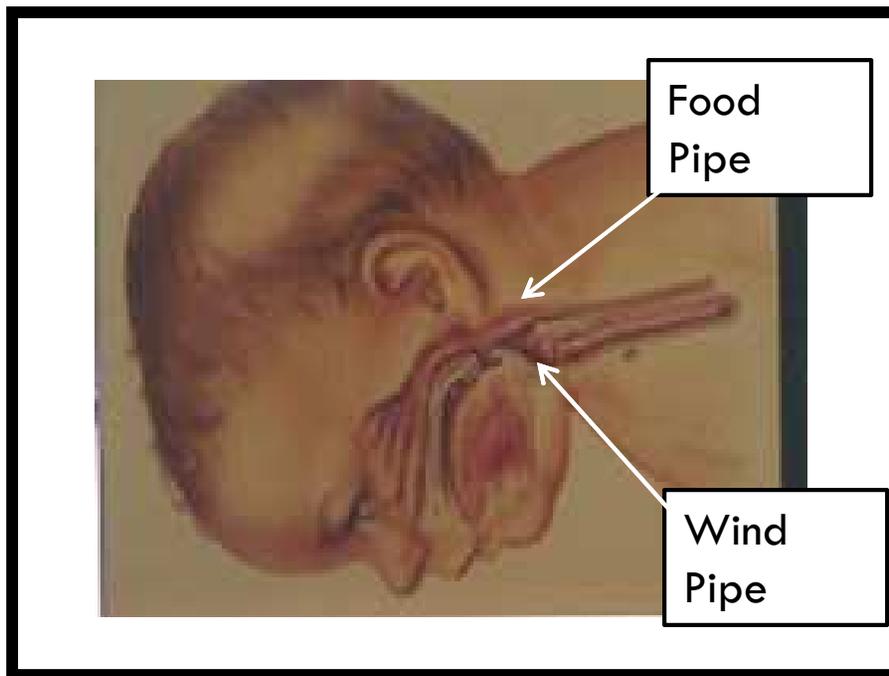
- When babies sleep on their stomach or near soft bedding, the air that they exhale can build up around their face
- Instead of breathing fresh air, the baby “re-breathes” the exhaled air which can increase the risk of SIDS



Will They Choke?

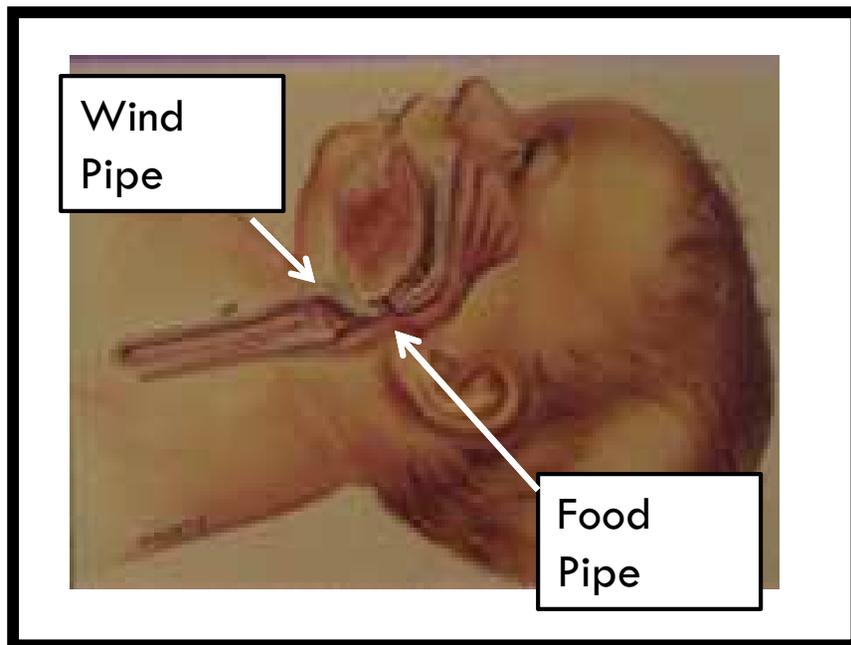
- Studies have shown that babies are NOT at risk of choking if they spit up when sleeping on the back
- Data show no evidence of an increased risk of death from choking as a result of sleeping on their backs
- **Many parents worry that their baby is more likely to choke when s/he sleeps on their back. That's not true! Here's why.....**

Stomach Sleeping Is Not Safe



- ❑ This baby is sleeping on his stomach
- ❑ The tube that the food goes down is **above** the windpipe where the baby gets his air
- ❑ If the baby spits up, the food can go into the windpipe and the baby could choke

Back is Best



- ❑ This baby is sleeping on his back
- ❑ The tube that the food goes down is **below** the windpipe where the baby gets his air
- ❑ If the baby spits up, the food will stay below the windpipe which will keep the baby from choking

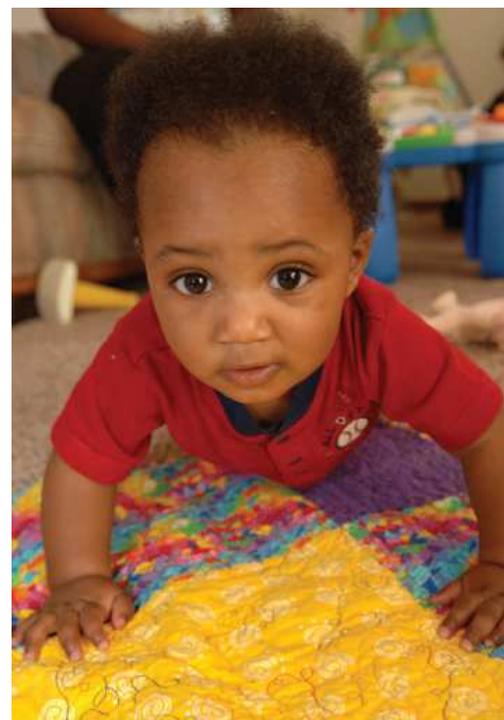
Create a Safe Sleep Space for Your Baby

- ❑ Place infant on his back to sleep
- ❑ Do not smoke or allow smoking around infant
- ❑ Place infant in his own **separate**, safe sleep area
- ❑ Place infant in a safety-approved crib with a firm mattress and well-fitting sheet



Create a Safe Sleep Space for Your Baby

- ❑ Keep soft objects and loose bedding out of crib
- ❑ Do not cover infant's head with blankets
- ❑ Talk to all caregivers about safe sleep
- ❑ Have supervised "tummy time" for infant who is awake



Crib Guidelines

- Firm sleep surface
 - ▣ Soft mattresses increase the risk of infant death
 - ▣ **Do Not** put baby to sleep on a couch or armchair
- **NO** soft objects or loose bedding in the crib
 - ▣ Remove all items from baby's sleep area:



- ❖ Bumper pads
- ❖ Blankets
- ❖ Pillows
- ❖ Quilts/Comforters
- ❖ Sheepskins
- ❖ Stuffed animals or toys

Risk Reduction

- **DO NOT Smoke during or after pregnancy**

- ❖ Compared with babies whose mothers don't smoke, babies exposed to secondhand smoke after birth are at **twice** the risk for SIDS
- ❖ There should be no smoke or smoking around baby, **ever**



Avoid Overheating

- ❑ **Do Not** overdress baby
- ❑ **Do Not** cover baby's head with blanket
- ❑ Keep room temperature comfortable for a lightly clothed adult
- ❑ Using Sleep Sacks (appropriate to season) can help eliminate loose bedding in the crib



NO!



YES!



Adult Beds are Not Safe for Sleeping Babies!

- ❑ Soft bedding, such as pillows, blankets and quilts increase your baby's risk for SIDS, suffocation or strangulation
- ❑ Babies may fall from adult beds, overheat, become trapped or wedged
- ❑ There are no safety standards for adult mattresses

In most studies, 50-75% of sudden unexpected infant deaths occur when the baby is sleeping with another person(s)

What the experts say about bed-sharing

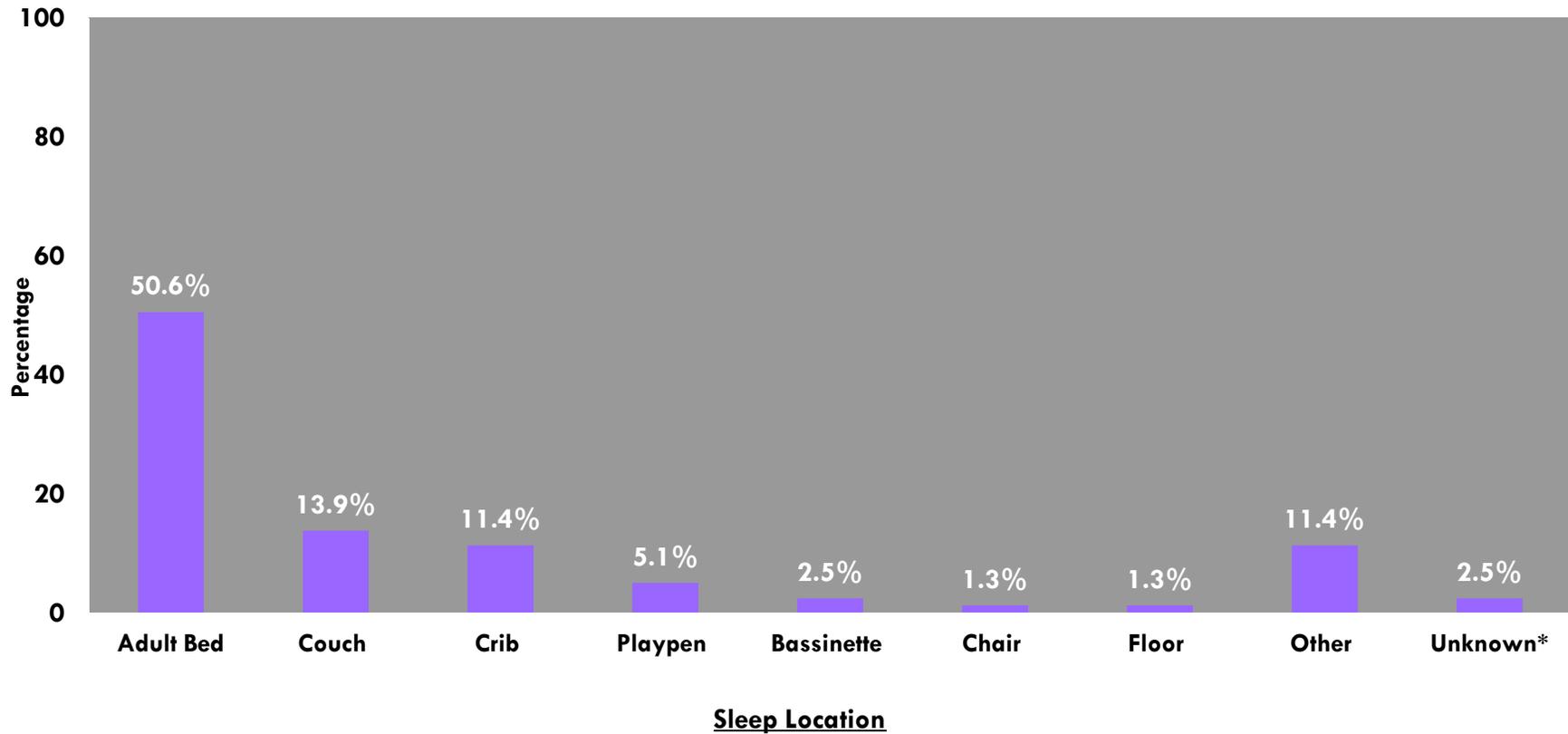
□ AAP 2011 Guidelines

- Bed sharing is not recommended and may be dangerous
- Even if the parents are non-smokers, bedsharing with infants under 3 months of age, is especially dangerous
- “...the safest place for a baby to sleep is in a crib in the parents’ room for the first 6 months of life”

There are no specific studies demonstrating that bed sharing reduces SIDS risk. Conversely, there are studies suggesting that bed sharing, under certain conditions, may actually increase the risk of SIDS.

~ John Kattwinkel, MD, Chairman of the AAP’s

Infant Sleep Location for Deaths Related to Sleep Environment, Oklahoma Child Death Review Board, 2010



* This information is unknown due to the lack of information collected by scene investigators.

Sleep Close but Separate



- A separate but close sleeping environment is recommended
- SIDS risk is reduced when infant sleeps in the same room
- Infants should NOT bed share with parents or anyone else

Pacifier Use

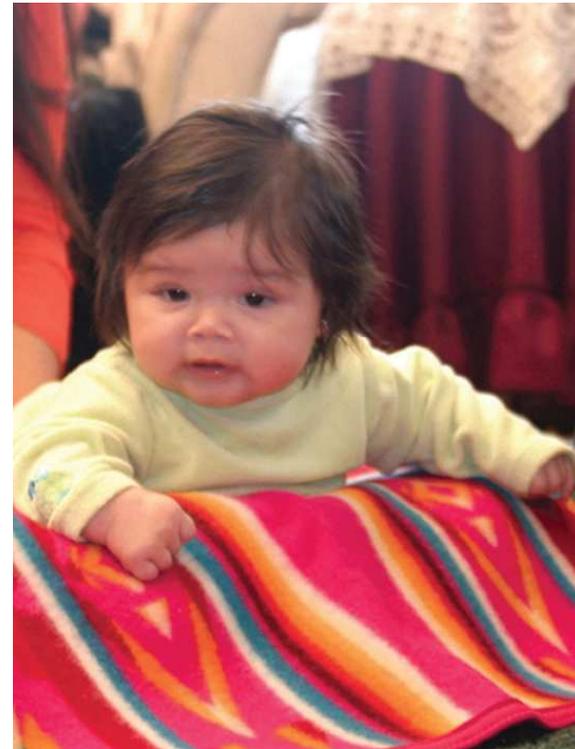
- ❑ Offer a pacifier at nap time and nighttime
- ❑ Wait one month to offer a pacifier if you are breastfeeding
- ❑ Never coat your baby's pacifier with anything sweet
- ❑ Don't use a string or anything to attach pacifier



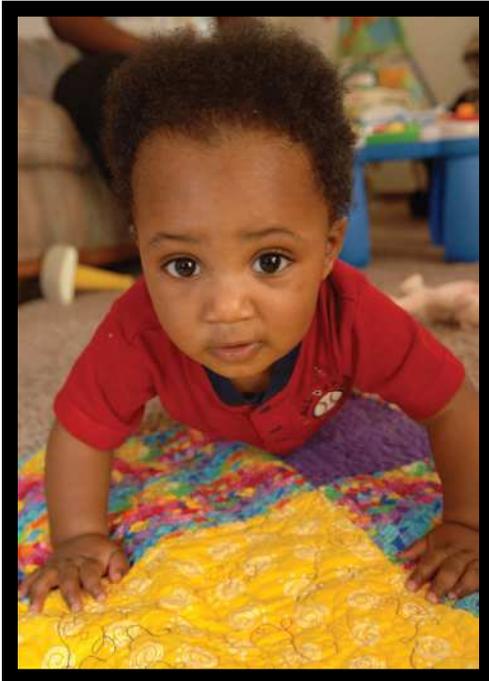
What is Tummy Time?

- ❑ Your baby needs Tummy Time.
 - ❑ Because babies spend so much time sleeping on their backs, it is important for them to spend time on their tummy while they are **awake** and **being supervised**

- ❑ Tummy Time strengthens your baby's head and neck muscles and helps prevent flat spots on the head



When is Tummy Time okay?

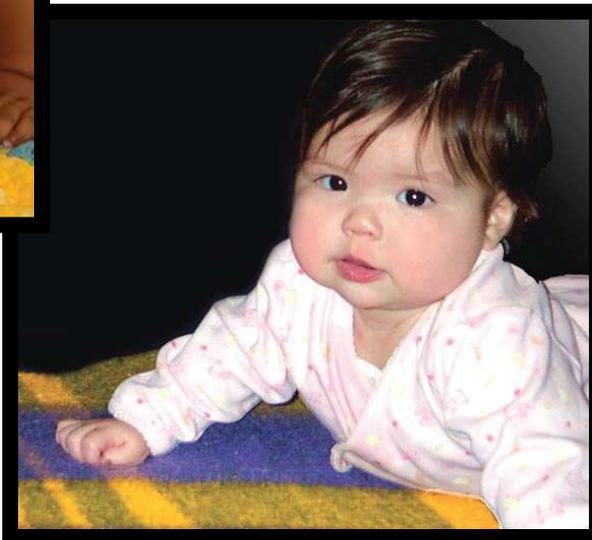


When baby is awake

AND

Caregiver is watching

- If the baby falls asleep during tummy time, immediately place him on his back in his crib for a nap



Summary for Safe Infant Sleep

- Place infant on his/her back
- Do not smoke or allow smoking around infant
- Place infant in his/her own separate, safe sleep area
- Avoid bed-sharing
- Supervise “tummy time” while infant is awake
- Use a safety approved crib with a firm mattress and fitted sheet
- Keep soft objects and loose bedding out of crib
- Do not cover infant’s head during sleep
- Talk to all caregivers about safe sleep guidelines

To learn more, visit our website at iio.health.ok.gov

