



Safe Sleep

Presentation for Month Technical Assistance call ODH

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Objectives

- Overview of Safe Sleep teaching box used in Montgomery County
- Provide participants with an interactive method for discussing safe sleep
- Method can be used one on one or in a group setting

Safe Sleep Kit

Montgomery County Safe Sleep Education Program



Defining Sudden Unexpected Infant Deaths

- **Sudden Unexpected Infant Death** or “SUID” is the term used to describe the sudden unexpected death of an infant younger than one year of age. Includes both:
 - Sudden Infant Death Syndrome (SIDS)- where there is no clear cause of death
AND
 - Deaths with clear causes such as suffocation, infection or trauma
- Many unexpected deaths are accidents or sleep related.
- Many of these deaths are preventable.

Causes of sleep-related deaths

- Sleep-related causes of infant death are those linked to how and where a baby slept. These accidental deaths are associated with:
 - Suffocation: a baby is deprived of air.
 - Entrapment: when a baby gets trapped between 2 objects, such as a mattress and wall, and can't breathe.
 - Strangulation: something presses on or wraps around baby's neck and blocks the airway.

Statistics about sleep-related deaths

- Sleep-related deaths are the leading cause of death for infants from 1 month to 1 year of age.
- More than 3 Ohio infant deaths each week are sleep-related.
- One baby dies every 6 weeks in our area due to unsafe sleep practices.
- The national rate of SIDs for African-American infants (99 per 100,000 live births) is nearly twice that of white infants (55 per 100,000 live births).
- The incidence of sleep-related infant deaths (excluding SIDS) has increased in the US since 2005.

Rate of SIDS in child care settings

- Approximately 20% of SIDS deaths occur while the infant is in the care of a non-parental caregiver
 - 60% in family child care
 - 20% in child care centers
 - 20% in care of a relative
- Most likely to occur in the first week of child care.
- Unsure of exact reason
 - Theories:
 - Stress, sleep deprivation
 - Placed on stomach when used to sleeping on back

Reasons why child care providers place babies on stomach to sleep

- They think that babies are more likely to choke or aspirate if they vomit or spit up.
- They are worried that babies won't sleep as well.
- They believe that when babies sleep on their backs, they don't develop normally.
- The baby's parent(s) wants the baby to sleep on the stomach.

American Academy of Pediatrics recommendations for education

- Expand the national campaign to reduce the risk of SIDS to include a major focus on safe sleep environment and ways to reduce all sleep-related infant deaths.
- Public education for all who care for infants including parents, child care providers, grandparents, foster parents and babysitters.
- The campaign should have special focus on the African-American and American Indian/Alaskan population because of the high incidence of SIDS and other sleep-related infant deaths in these groups.

Education with the safe sleep kit

- Provides one-on-one education using visual aids.
- Delivers instructions through verbal communication and demonstration, as opposed to written instructions in a pamphlet.
- Improves retention of information.
- Provides convincing arguments for following the ABCs of safe sleep.
- Offers opportunity for questions or comments.

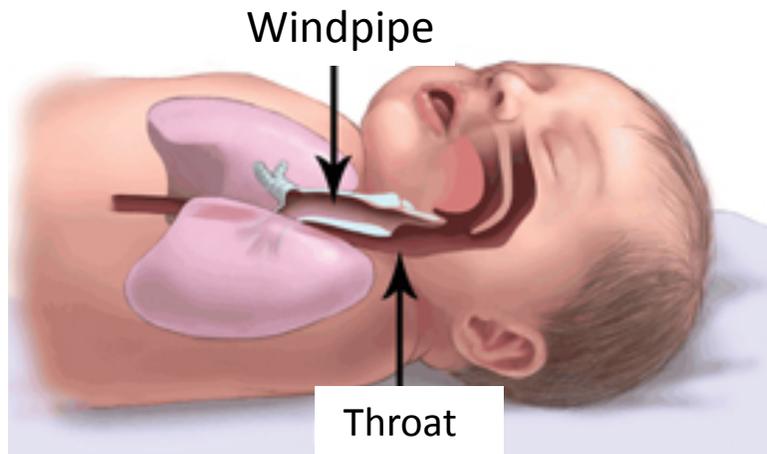
Safe Sleep Kit Contents



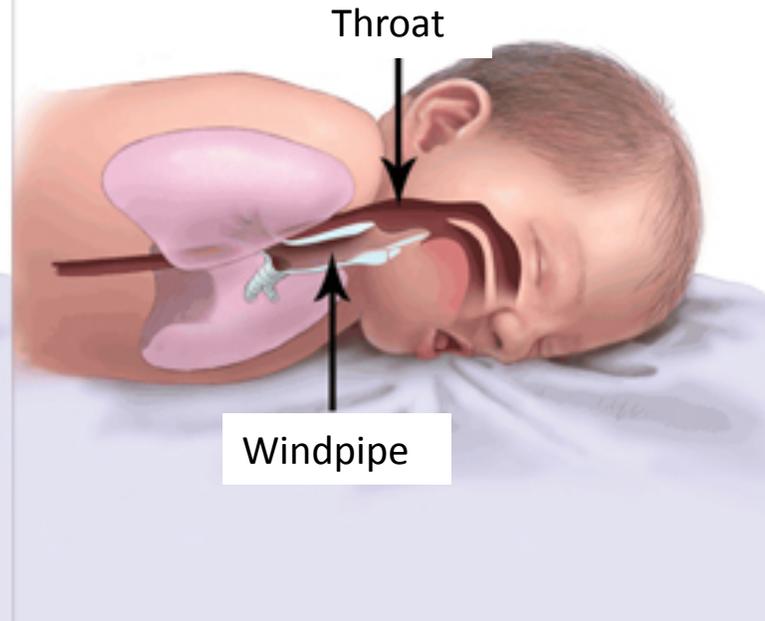
ABCs of Safe Sleep Onesie

- Alone, on their Back, in a Crib.
- Every baby should be placed for sleep on their back for every sleep until 1 year of life.
- Once the baby can roll over, the baby can stay in that position.
- Back sleeping does not increase the risk of choking or sucking formula into the lungs.
- Even babies infant with reflux or who spit up should be placed to sleep flat on the back. **The rare exception** is for babies with abnormal bodies and their doctor recommends the baby sleep on the stomach.

Babies have protective airways



When a baby is in the back sleeping position, the windpipe lies on top of the throat. Anything regurgitated or refluxed from the throat must work against gravity to be aspirated into the lungs.



When a baby is in the stomach sleeping position, anything regurgitated or refluxed will pool at the opening of the windpipe, making it easier for the baby to aspirate .

Miniature crib

- Crib with a firm mattress is the safest place for a baby to sleep.
- Crib can be placed in same room as parent.
- Infants placed to sleep on any mattress other than a crib mattress are at increased risk of suffocation.
- May sleep in a bassinet, or portable crib/play yard that conforms to the safety standards of the Consumer Product Safety Commission.
- Avoid using older cribs with movable sides.
- There should be no gaps between the crib mattress and the side of the crib or bassinet.
- Items such as slings, swings, and rockers are not safe places for a baby to sleep.



Baby doll

- Babies should be placed on the back to sleep every time they are put to sleep.
- Supervised Tummy Time is recommended while the baby is awake.
 - Tummy Time will reduce the chance of flattened skull as a result of back sleeping. This involves placing the babies on their stomachs *while they are awake and are being supervised*.
 - Tummy Time is a very important and necessary part of an infant's healthy physical and brain development.

Sleep sack

- Use sleep sack as a *safe alternative* to extra blankets or sheets in a baby's crib.
 - Loose blankets should not be placed in the crib
- Swaddle sacks can be used to cuddle and sooth a fussy baby up to 6 months of age.
- Discontinue wrapping the arms when your baby shows signs of rolling over or breaking free from the swaddle wrap.
 - Simply leave the arms out of the wrap.



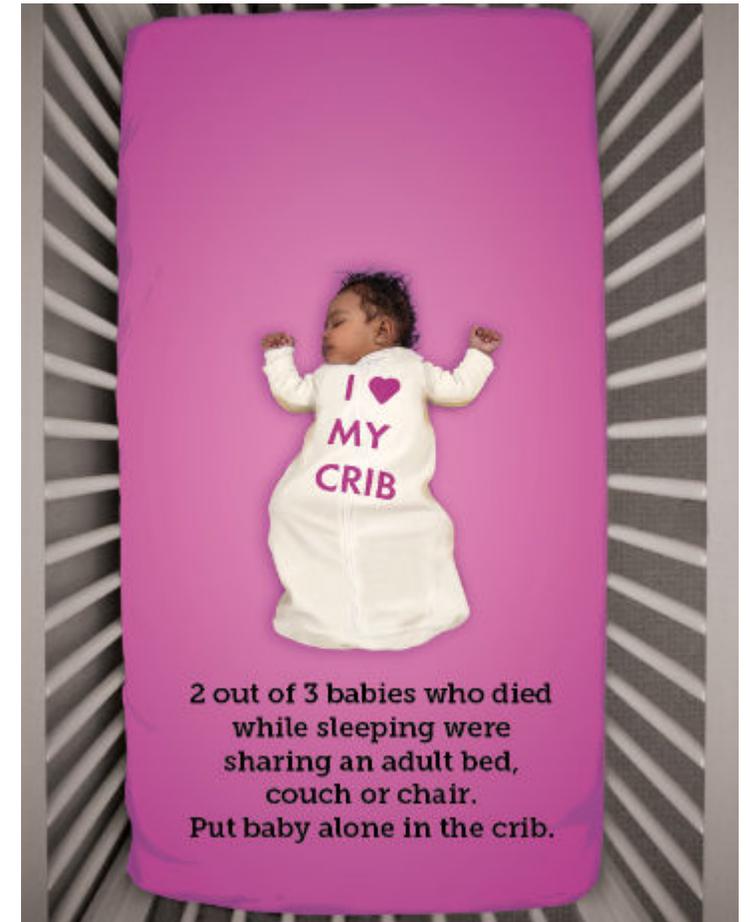
Swaddle Sack

Small stuffed animal

- Stuffed toys are a smothering hazard and should not be placed in the crib with a baby.
- Bumper pads are also a smothering hazard.
- The crib should contain only a well-fitting mattress with a tightly fitted sheet covering the mattress. Nothing else!
- No wedges or positioning devices should be placed in the baby's crib.

Couch

- Couches, sofas and recliners are not safe sleeping places.
- 58% of sleep-related deaths occurred while the infant was with another person asleep on a couch, chair or bed.
- In 2013, there were 3 babies who died from suffocation in Montgomery County while sleeping on a sofa.



Pacifier and breastfeeding

- Use of pacifier during sleep may reduce the risk of SIDS.
- The pacifier does not need to be reinserted once the baby falls asleep.
- Pacifier that attaches to infant clothing should not be used with a sleeping baby.
- Breastfeeding has also been known to reduce the risk of SIDS. Delay pacifier introduction until breastfeeding has been established, usually by 3-4 weeks of age.
- *For prenatal classes:* Formula use doubles the risk for SIDS.

Beer bottle

- Avoid alcohol and illegal drug use while caring for a baby.
- Alcohol and/or illegal drug use when combined with bed sharing places a baby at high risk of death due to suffocation.

Toy car

- Car seats are not a safe place for a baby to sleep. A car seat should be only used to transport a baby safely in a car from point A to point B.
- If left in a car seat, babies younger than age 4 months do not have good head control and can get into a position that puts them at increased risk of suffocation or not getting enough air.
- Do not use a car seat to keep a vomiting baby upright. Due to poor head control, the baby is at increased risk of getting liquid in the lungs and suffocating, if the baby vomits while in a car seat.



Baby in unsafe sleeping position and location

Pillow/Boppy™ Pillow

- Pillows are not necessary for babies and should not be placed in a crib.
- Pillows or cushions should not be used as substitutes for mattresses or in addition to a mattress.
- Babies should not be put to sleep propped up on pillow. Sleeping on pillow or Boppy™ pillow increases the baby's risk on suffocation.
 - In both 2012 and 2013, Dayton Children's pronounced a baby dead due to suffocation from sleeping on a pillow or Boppy™ pillow.



Infant sleeping on Boppy™ pillow at risk for rolling over and suffocating

Quit smoking bib

- Avoid smoking during pregnancy and after birth to reduce the risk of second hand smoke.
- The baby's exposure to smoke is a major risk factor for SIDS.
- The risk of SIDS increases when the infant shares a bed with an adult smoker.
- After smoking just one cigarette, the mother exhales dangerous carbon monoxide for up to 24 hours.
- It is estimated that 1/3 of SIDS death could have been prevented if the mother had not smoked during pregnancy.

Thermometer

- Ensure that the baby's room is not too hot or too cold.
- In general, infants should be dressed appropriately for the setting, with no more than 1 layer more than an adult would wear to be comfortable in that setting.
- Avoid over bundling and covering of the face and head.

Rocking chair

- It is important to share with any caregiver taking care of your baby the ABCs of safe sleep and make sure they are following them (e.g. grandma, dad, teenager and daycare).
 - Consistency in sleeping position is very important and must be communicated to grandparents, babysitters and child care providers.
 - Infants who are used to sleeping on their back and then are placed to sleep on their stomach have a 7 to 8 times greater risk of SIDS.
 - Avoid over bundling which could result in overheating.



Questions?

