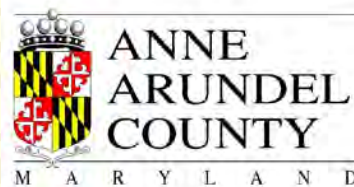




Safe Sleeping for Babies

Anne Arundel County Department of Health



Revised 2/14

Safe Sleeping Learning Objectives

By the end of the presentation, you will know:

- ❑ What SIDS is (Sudden Infant Death Syndrome).
- ❑ The major risk factors for SIDS.
- ❑ The guidelines to reduce the risk of SIDS.
- ❑ What safe and unsafe sleeping situations look like.

Overview

- SIDS definition
- Facts about SIDS
- Safe sleeping guidelines
- Other common questions

SIDS Definition

■ Sudden Infant Death Sndrome

- The death of an infant younger than one year of age that is unexplained even after a complete investigation.

Facts about SIDS

- ❑ SIDS is the 3rd leading cause of infant deaths.
- ❑ **Leading** cause of death in infants older than 1 month.
- ❑ About 2,500 infants die every year from SIDS in the U.S.
- ❑ Most SIDS cases happen between 2 to 4 months old.

SIDS in Anne Arundel County

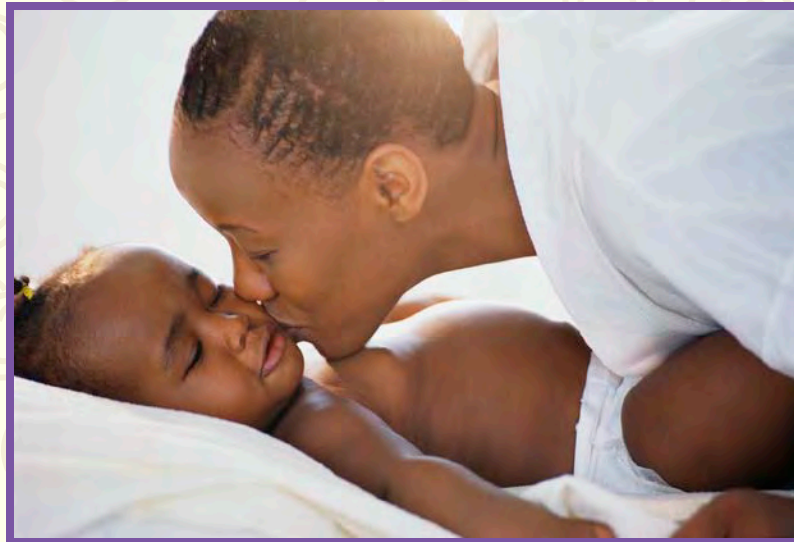
- From 2003-2013, 61 babies died of SIDS.
- Common risks found:
 - Side or stomach positioning
 - Bed sharing
 - Sleeping on sofas or in adult beds
 - Using cribs crowded with toys & blankets
- Some babies died in other caregivers' homes.

Risk Factors for SIDS

- ☐ Stomach and side sleeping positions
- ☐ Smoking during pregnancy
- ☐ Exposure to smoking after birth
- ☐ Bed sharing
- ☐ Use of soft bedding (adult bed, sofas, pillows, quilts)
- ☐ Overheating
- ☐ Being born too early (premature) or low birth weight
- ☐ African-American or Native-American

How can you lower your baby's risk of SIDS?

American Academy of Pediatrics Guidelines



1

Safe Sleeping Guidelines

Put babies on their backs to sleep.

- ❑ Why is stomach sleeping risky?
 - Babies are harder to wake up.
 - Even higher risk when baby is used to back sleeping.
- ❑ Side sleeping is not safe because babies can roll onto their stomachs.



2

Safe Sleeping Guidelines

Use a firm sleeping surface.

- Use a crib and a firm crib mattress.
- Use a fitted crib sheet made for the mattress.
- Do not use any extra padding under the baby.
 - Pillows
 - Comforters
 - Quilts
 - Foam padding
 - Sheepskins
- Do not let babies sleep on adult beds, waterbeds or sofas.



3

Safe Sleeping Guidelines

Keep soft objects and loose bedding out of the crib.

❑ Keep the crib empty.

– Just the baby and a fitted sheet.

– No crib bumper pads, soft quilts, comforters, pillows, foam pads, stuffed animals or plastic bags.

❑ Try a one-piece sleeper or sleep sack instead of a blanket.



Safe Sleeping Guidelines

Keep soft objects and loose bedding out of the crib.

- ❑ **Bumpers are not recommended!**
- ❑ Crib bumper pads were banned for sale in 2013 in the state of Maryland.



4

Safe Sleeping Guidelines

Don't smoke during pregnancy.

- ❑ Don't allow smoking in the house or near the baby.
- ❑ Tobacco smoke increases risk of low birth weight and preterm birth.
- ❑ Help is available to quit smoking.
 - Anne Arundel County Department of Health
Learn To Live Line: 410-222-7979



5

Safe Sleeping Guidelines

Put the baby to sleep alone in her own safe crib.

- ❑ The baby should never sleep with parents (or other people) in a bed, sofa or other place.
- ❑ A separate sleeping place nearby is recommended.



6

Safe Sleeping Guidelines

Avoid overheating.

- ❑ The baby can easily overheat and should be dressed lightly for sleep.
- ❑ No over-bundling!
- ❑ Try using a one-piece sleeper or a baby sleep sack.
- ❑ The room temperature should be comfortable for an adult.



7

Safe Sleeping Guidelines

Try a pacifier when putting the baby down to sleep or nap.

- ❑ Decreases SIDS risk.
- ❑ If breastfeeding, wait until it has been well established, usually when the baby is one month old.
- ❑ Do not force it if the baby does not like the pacifier.
- ❑ Does not need to be reinserted if it falls out during sleep.



Safe Sleeping Guidelines

Do not use equipment that claim to lower the risk of SIDS.

- ❑ None have been well-tested or proven to help.
- ❑ Sleeping positioners are not necessary.
 - They are made of soft materials.
 - They have been associated with trapping babies against the crib.
- ❑ Commercial breathing or heart monitors are not useful in healthy children.*

*Note: Breathing and heart monitors should only be used under a doctor's supervision.

Notes on Crib Safety

- **The mattress should fit tightly into the crib frame.**
 - Prevents trapping between the mattress and crib.
 - You should be able to slide only 2 fingers between the mattress and the crib.
- **The crib rails are no more than 2 3/8 inches apart.**
 - A 12 oz. soda can should not fit between the crib rails.
- **There should be no missing, loose or improperly installed screws, brackets or other hardware.**
- **Don't use older cribs with cut-outs and corner posts.**

Other Common Questions

What about flat spots on the back of the head?

- Avoid this by letting your baby play on his tummy when awake!
- Tummy time is also important to help the baby develop neck, shoulder and arm strength.



Other Common Questions

What about breastfeeding?

- Baby can sleep in his/her own crib near the mother for easy breastfeeding access!
- Put the baby back after the feeding.

Won't the baby choke?

- Back sleeping is less risky for choking.
- Fluids pool in the back of the throat, away from the windpipe.



Other Common Questions

❑ I don't have a crib. Can I use a pack-n-play?

- **Absolutely!**
- **Many have a bassinette feature.**
 - Usually can use up to 15 lbs.
- **Can be used for sleeping or playing.**
 - Usually can use up to 30 lbs.
- **Portable!**
 - Easy to fold and carry.
 - Many families are on the move or there are different babysitters.





Safe Sleeping Recommendation Summary

- ❑ Put babies on their **backs to sleep**.
- ❑ Use a **firm sleeping surface**.
- ❑ **Remove all soft objects** and loose bedding from the crib.
- ❑ **Don't smoke during pregnancy** or allow smoking in the house or near the baby.
- ❑ **Avoid overheating** during sleep.
- ❑ **No bed sharing**—put the baby to sleep alone in a safe crib.
- ❑ **Try giving a pacifier** when putting the baby down to sleep or nap.
- ❑ **Do not use extra equipment** that claim to lower the risk of SIDS.

Thank you!

Remember Back to Sleep!



Healthy Babies Website: www.aahhealthybabies.org

Any questions?