

DECEMBER 2016

**American Academy of Pediatrics
Recommendations:
What's New?**

In October, the American Academy of Pediatrics released an updated policy statement *SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment*, the first update since 2011.

The following adaptations are included in the 2016 release:

- **Timeframe for room-sharing:** Infants should room-share on a separate sleeping surface until at least 6 months of age—optimally one year.
- **Skin-to-skin contact:** Regardless of method of delivery, mother and newborn should share at least one hour of skin-to-skin contact immediately following birth, once the mother is medically stable, awake and responsive.

Providers and Infant Safe Sleep

Safe Sleep Survey Results

Prevention of avoidable infant and child deaths is a priority for the Anne Arundel County Department of Health (AACDOH). During the first half of 2016, there were seven infant deaths likely due to unsafe sleeping practices in the county—a significant increase from previous years. In response, AACDOH developed a survey to assess baseline community knowledge of proper infant sleep practices.

Healthcare provider dialogue and primary sources for general baby care information were assessed from more than 200 responses.

Considerations for Future Messaging Strategies

Although providers were named the most common source of general baby care information, potentially misleading sources of information, such as the internet and social media, were also popular among respondents.

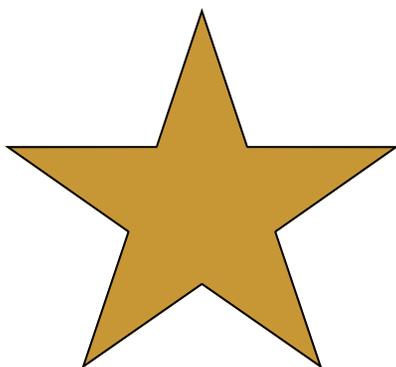
Of those that already reported room-sharing, but not bed-sharing, with their infant, the following reasons were consistently expressed (in order of number of responses):

1. **Ease of observation and access**—improved response times, efficient feedings
2. **Anxiety**—feeling of safety that infant was closer, especially at younger ages
3. **Logistics**—spare rooms located on separate floor
4. **Official recommendation**—guidelines/research recommend room-sharing

Survey Highlights:

- 87% reported ever discussing infant safe sleep with provider.
- 19% reported feeling reluctant to discuss infant safe sleep with provider — primarily in fear of judgment or shaming.
- Majority reported breastfeeding and placing infants on back for sleep with no items in crib or pack-n-play.
- Although sharing armchair/couch for infant sleep was generally dismissed as unsafe, moderate number reported bed-sharing as either good for bonding, good for breastfeeding and/or useful for parents to get sleep.

Be a Safe Sleep Superstar



The Maryland Department of Health and Mental Hygiene (DHMH), in partnership with the Center for Infant and Child Loss (CICL), recognizes the important role of birthing hospitals in the state to educate new parents about safe sleep practices, crucial to the prevention of infant mortality. In response, DHMH would like to recognize hospitals with outstanding and comprehensive safe sleep programs as *Superstars of Safe Sleep*.

Recognition will include:

- **Superstar of Safe Sleep** banner with hospital name and logo prominently featured
- Superstar hospital name listed on both the DHMH and CICL websites
- Congratulatory letter from DHMH and CICL
- DHMH press release announcing hospitals achieving Superstar status

For more information: http://phpa.dhmh.maryland.gov/mch/Pages/Safe_sleep_Superstars.aspx