

THE ABCs OF SAFE SLEEP

Alone, on their **B**acks, in a Safe **C**rib



Your baby should sleep alone.

If you breastfeed in bed, soothe your baby back to sleep while standing and return to crib when she is asleep.



Always place your baby on his back to sleep.



Your baby should sleep in a crib with a firm mattress covered by a tightly fitted sheet.

Babies die every week in Illinois while sleeping on adult beds, couches, pillows, blankets and other soft surfaces as well as in car seats, bouncy seats and infant swings.



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Silent killer: Sleep suffocation is the leading cause of reported child deaths in Illinois.

Your baby should not sleep in a bed, couch or chair with anyone, even other children.

If you breastfeed in bed, soothe your baby back to sleep while standing and return her to crib when she is asleep.

Always place your baby on his back to sleep.

Your baby should sleep in a crib with a firm mattress covered by a tightly fitted sheet.

Babies die every week in Illinois while sleeping on adult beds, couches, pillows, blankets and other soft surfaces as well as in car seats, bouncy seats and infant swings.

Additional sleep safety tips:

1. Keep stuffed animals, toys, pillows, blankets, quilts, crib bumpers and sleep positioners out of your baby's crib.
2. Don't smoke before or after your baby is born, and don't let others smoke around your baby.
3. Try using a pacifier when placing your baby to sleep, but don't force it. If you are breastfeeding your baby, wait until he is one month old or is used to breastfeeding before using a pacifier.
4. Don't let your baby overheat during sleep. Dress her lightly for sleeping, and keep the room at a temperature that is comfortable for an adult.
5. Your baby needs plenty of supervised "tummy time" when he is awake to help build strong neck and shoulder muscles. Don't let your baby spend too much time in car seats, carriers and bouncers.
6. If you are having difficulty getting your baby to sleep, contact your pediatrician or the Fussy Baby Network at 1-888-431-BABY (2229).
7. Visit the Consumer Product Safety Commission's Crib Safety Information Center at www.cpsc.gov for sleep safety tips and a list of recalled products.



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2 of 9

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CCEI117: Sudden Infant Death Syndrome Handout

Welcome to CCEI117

This course is designed to increase knowledge about sudden infant death syndrome and to inform early care professionals of risk reduction strategies. As a result of participating in this course, participants should be able to define SIDS, identify SIDS as the leading cause of death of infants between one month and one year of age, identify elements of safe sleep environments, identify the connection between child care and SIDS, identify healthy infant motor development in back sleeping infants and identify SIDS risk reduction recommendations.

Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify common factor in cases of Sudden Unexpected Infant Death, or SUID
- Define SIDS and identify facts about the prevalence of SIDS
- Identify common theories about the cause of SIDS
- Recognize outcomes of SIDS risk reduction efforts
- Identify potential risk factors associated with SIDS
- Choose appropriate safe sleep practices to reduce the risk of SIDS

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Course Notes:

Use the space below to take notes on important topics within the course.

Sudden Unexpected Infant Death (SUID)

Sudden Unexpected Infant Death (SUID) defined:

What do most cases of SUID have in common?

What is SIDS?

SIDS is

SIDS is extremely important to early care providers because it is the leading cause of death of infants between

_____.

In the United States, approximately _____ percent of SIDS deaths occur while the infant is under the protection of a child care provider.

The most important SIDS risk factor is _____.

SIDS is defined as:

SIDS typically occurs:

Notes about Crib Safety:

Research Findings and Theories about SIDS

Brain Abnormalities

Brain Stem:

Other events must also occur for an infant to die of SIDS:

- 1.
- 2.
- 3.
- 4.

Heredity

Gene:

Family history:

Approximately _____ percent of infants who die of SIDS will have had a mild respiratory infection before death.

The Triple Risk Model

- 1.
- 2.
- 3.

Progress toward Reducing the Risk of SIDS

_____ and other awareness campaigns helped to spread safe sleep messages among parents, families, and caregivers.

Studies show that the rate of SIDS deaths has _____ since the 1990's.

SIDS Across Racial and Ethnic Lines

Both African-American and American Indian/Alaska Native infants are _____ die of SUIDs as other ethnic/racial groups.

American Indian/Alaska Native infants are _____ to die of SIDS as Hispanic infants.

Asian/Pacific Islander infants have among the _____ SIDS rates of any racial or ethnic group in the country.

SIDS Risk Factors and Safe Sleep Practices

Risk Factor: Sleep Position

Safe Sleep Practices

Risk Factor: Soft Sleeping Surfaces and Loose Bedding

Safe Sleep Practices

Risk Factor: Overheating During Sleep

Safe Sleep Practices

Risk Factor: Smoke in the infant's environment

Safe Sleep Practices

Risk Factor: Bed Sharing

Safe Sleep Practices

Risk Factor: Breastfeeding and vaccinations

Safe Sleep Practices

Additional SIDS Risk Reduction Recommendations

Tummy Time

Use of Pacifiers

Safe Sleep Policies and Procedures