



HLTH110: Protecting Infants: Reducing the Risk of SIDS and Shaken Baby Syndrome Handout

Welcome to HLTH110

This course is designed to increase participants' knowledge about ways they can protect infants from the risks of sudden infant death syndrome (SIDS) and shaken baby syndrome (SBS). Throughout the course, participants will be introduced to risk-reducing and preventative strategies designed to keep infants safe. Information provided will also prepare participants to share this life-saving information with families.

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:

- Define SIDS and identify facts about the prevalence of SIDS
- Identify common theories about the cause of SIDS
- Identify potential risk factors associated with SIDS
- Choose appropriate safe sleep practices to reduce the risk of SIDS
- Define shaken baby syndrome
- Identify the symptoms and long-term effects of shaken baby syndrome
- Identify strategies and practices for preventing shaken baby syndrome

References:

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2. American Academy of Pediatrics. (2016). "SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment." Retrieved from <https://publications.aap.org/pediatrics/article/138/5/e20162938/60309/SIDS-and-Other-Sleep-Related-Infant-Deaths-Updated>
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12. National Center on Shaken Baby Syndrome. (2022). "About SBS/AHT." Retrieved from <https://www.dontshake.org/learn-more>

Additional Resources:

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2. Consumer Product Safety Commission. (2011). "The New Crib Standard: Questions and Answers." Retrieved from <https://onsafety.cpsc.gov/blog/2011/06/14/the-new-crib-standard-questions-and-answers/>
3. National Center for Injury Prevention and Control, Division of Violence Prevention. (2014). "Child Maltreatment: Facts at a Glance." CDC. Retrieved from <https://www.cdc.gov/violenceprevention/pdf/childmaltreatment-facts-at-a-glance.pdf>

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 in infants between _____.

SIDS Statistics

According to tracking conducted by the [Centers for Disease Control](#) (CDC), there were approximately _____ cases of SUID in the United States in 2019.

Theories about What Causes SIDS

Heredity

Genes:

Family history:

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

Brain Abnormalities

Brain Stem:

Researchers theorize that other events must also occur for an infant to die of SIDS, such as:

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

The Triple Risk Model

1.

2.

3.

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

Use of Pacifiers

Tummy Time

Safe Sleep Policies and Procedures

Proper Supervision

Shaken Baby Syndrome

Define *abusive head trauma*:

Define *shaken baby syndrome*:

General Information about SBS

Statistics:

Why does Shaken Baby Syndrome Occur?

Shaken baby syndrome is almost always caused by:

According to statistics, perpetrators of SBS are likely to:

What Happens When a Baby is Shaken?

SBS occurs when a family member or caregiver shakes a baby for as little as _____.

Shaking (and blunt force) can cause:

-
-
-
-
-

The Symptoms of Shaken Baby Syndrome

A diagnosis of SBS (medically speaking, abusive head trauma) is given when the following signs are present:

Why might it be difficult for a doctor to diagnose a child with shaken baby syndrome?

The severity of symptoms depends on:

- 1.
- 2.
- 3.

Severe cases may result in:

Less severe cases may result in:

The Long-Term Effects of Shaken Baby Syndrome

_____ % percent of all babies who experience SBS die.

Babies who survive SBS may suffer from the following long-term effects:

What To Do When Shaken Baby Syndrome is Suspected

Basic Emergency Procedures for Unresponsive Children

Whether your job description requires it or not, it is best if all ECE professionals receive professional CPR training for infants and toddlers. This Red Cross [reference](#) provides the steps of infant and child CPR techniques, but this is not something you can read during an emergency. In an emergency, you will need to be able to perform CPR from memory.

Note: CPR techniques for infants differ from those used for children ages 1-8.

In case of an emergency:

- DO NOT pick up or shake babies to try to wake them up.
- DO NOT try to give these babies anything by mouth.

An Unresponsive Child

Program staff should prepare for how they will respond if a child becomes unresponsive or dies on the premises. The steps below assume there is a second adult in the environment; however, plans should include how a lone teacher will call for help and care for the victim and the other children.

Basic procedures for unresponsive children are as follows:

1. Check for alertness. Tap the child gently to see if they move or respond.
2. If there is no response, call for help.
3. Begin appropriate CPR procedures
4. Order someone else to call 911. If you are alone, begin CPR procedures before calling 911.
5. Remove the other children from the area and meet their emotional needs.
6. Notify the child's parents or emergency contact. Be prepared to inform them of which hospital the child is being taken to.
7. Notify law enforcement and follow all instructions
8. Do not disturb the area or allow anyone in the area until the scene has been cleared.
9. Notify your licensing agency about the event.

Prevention of Shaken Baby Syndrome in the Childcare Setting

The Period of PURPLE Crying Campaign is designed to:

PURPLE stands for:

P

U

R

P

L

E

Shaken Baby Prevention Tips for Caregivers

There are some things that caregivers can do to reduce the chance of becoming frustrated with infants' crying:

If a baby is crying inconsolably, consider the following:

- Are the baby's needs met?
- Is the baby hungry?
- Does the baby's diaper need to be changed?
- Is the baby sick?

Then try:

- Singing or talking to the baby.
- Offering the baby a pacifier.
- Distracting the baby with a noisy toy.
- Holding the baby closely while breathing calmly.
- Calling a co-worker to take the baby while you take a break.
- Introducing white noises or rhythmic sounds to mimic the noise in the womb.
- Rocking the baby gently to mimic the motion in the womb.

If a caregiver begins to feel frustrated with an infant, they should:

Helping Family Members Understand Shaken Baby Syndrome

Ways to educate and communicate with family members:

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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Shaken Baby Prevention Tips for Caregivers

There are some things that caregivers can do to reduce the chance of becoming frustrated with infants' crying:

- Be aware of the dangers of shaking infants.
- Have options for dealing with crying babies.
- Have a plan for early care professionals to follow if they become frustrated with a crying infant.

If a baby is crying inconsolably, consider the following:

- Are the baby's needs met?
- Is the baby hungry?
- Does the baby's diaper need to be changed?
- Is the baby sick?

Then try:

- Singing or talking to the baby.
- Offering the baby a pacifier.
- Distracting the baby with a noisy toy.
- Holding the baby closely while breathing calmly.
- Calling a co-worker to take the baby while you take a break.
- Introducing white noises or rhythmic sounds to mimic the noise in the womb.
- Rocking the baby gently to mimic the motion in the womb.

If a caregiver begins to feel frustrated with an infant, they should:

- Remind themselves that crying is normal infant behavior and they are not doing anything wrong.
- Ask a co-worker to take the baby while they step away, if possible.
- Place the baby in a safe place, and walk away until they have calmed down (be sure the infant is still supervised).
- Never shake a baby as a way to stop the crying.

Shaken Baby Prevention Tips for Families

DO:

- Understand that SBS is completely preventable.
- Understand that SBS may result in death, permanent brain damage, learning disabilities, paralysis, deafness, etc.
- Attend parenting classes to learn how to care for and bond with your infant.
- Educate fathers, brothers, boyfriends, husbands, and other males about the dangers of shaking your baby.
- Educate everyone who cares for your child about the dangers of SBS.
- Discover ways you can reduce your stress and frustration levels throughout the day.
- Put your baby in a crib and leave the room if you become frustrated or angry.
- Try to calm down.
- Call someone for support.
- Call a friend or relative to stay with the child if you feel out of control.
- Contact a hotline for help and guidance: CHILD HELP HOTLINE: 1-800-4-a child.
- Seek a counselor for help managing stress and frustration.

DO NOT:

- Shake a baby or child either in play or in anger.
- Hold your baby during an argument.
- Ignore the signs of child abuse.
- Ignore the symptoms of SBS.