Welcome to CCEI117

This course is designed to increase knowledge about Sudden Infant Death Syndrome (SIDS) and to inform early care professionals of risk reduction strategies.

Course Objectives:

As a result of participating in this course, participants will be able to:

- Define SIDS
- Identify SIDS as the leading cause of death of infants between one month and one year of age
- Identify the connection between brain abnormalities and SIDS
- Identify the connection between heredity, respiratory infection and SIDS
- Define the Triple Risk Model
- Define SIDS Occurrence in Communities of Color
- Identify sleep environment dangers
- Identify the connection between child care and SIDS
- Identify healthy infant motor development in back sleeping infants
- Identify SIDS Risk Reduction Recommendations

References:


What is SIDS?
SIDS is extremely important to early care providers because it is the leading cause of death of infants between one month and one year of age.

In addition, in the United States, approximately 20 percent of SIDS deaths occur while the infant is under the protection of a child care provider.

SIDS:
The most important SIDS risk factor:

SIDS is defined as:

Current 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:

A genetic disorder combined with a mild upper air way infection:

The Triple Risk Model

1.
2.
3.

Reducing the Risk
SIDS Occurrence in Communities of Color

Understanding SIDS Risk

Stomach sleeping during naps and at night:

Soft Sleeping Surfaces and Loose Bedding:

Overheating During Sleep:

Smoking During Pregnancy and Smoke in the Infant’s Environment:

Bed Sharing:

Implications for child care providers

The Danger of Unaccustomed Stomach Sleeping in Child Care Settings
Child Care SIDS Deaths Associated with the Stomach Sleep Position

Many child care providers continue to place infants to sleep on their stomachs. A 1997 study revealed that _______ percent of licensed child care center workers were unaware of the association between SIDS and infant sleep position.

Subsequent surveys documented that despite increased awareness approximately _____ percent of workers at child care centers still placed infants to sleep on their stomachs.

Motor Development and Back Sleeping

Tummy Time

Pacifiers and SIDS

SIDS Risk Reduction Recommendations

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
The National Institute of Child Health and Human Development tells us:

What is SIDS?

- The leading cause of death in infants from one month to one year of age, with most deaths occurring between two and four months of age
- A sudden and silent medical disorder that can happen to a seemingly healthy infant
- A death often associated with sleep and with little or no signs of suffering
- Determined only after an autopsy, an examination of the death scene, and a review of the infant’s and family’s clinical histories that provide no other cause of death
- A diagnosis of exclusion, in which the cause of death can be determined only after ruling out other causes

SIDS is NOT:

- Entirely preventable, but the risk can be reduced
- The same as suffocation
- Caused by vomiting and/or choking
- Caused by the diphtheria, pertussis, and tetanus (DPT) vaccine or by other immunizations
- Contagious
- The result of child abuse or neglect
- The cause of every unexpected infant death

Thank you for taking CCEI117: Sudden Infant Death Syndrome.

To recognize your hard work, we created a job aide for you to print and post. The job aide includes two documents. The first lists the National Institute of Child Health and Human Development’s SIDS Risk Reduction Recommendations for infant care workers.

The second will help you educate parents about SIDS and includes the National Institute of Child Health and Human Development and the National Institutes of Health SIDS Risk Reduction Recommendations for parents.

**SIDS Risk Reduction Recommendations – Job Aide**

The National Institute of Child Health and Human Development provides the following SIDS Risk Reduction Recommendations for infant care givers:

- Always place the baby on his or her back to sleep for naps. The back sleep position is the safest, and every sleep time counts
- Place the baby to sleep on a firm sleep surface, such as on a safety approved crib mattress, covered by a fitted sheet. Never place the baby to sleep on pillows, quilts, sheepskins, or other soft surfaces
- Keep soft objects, toys, and loose bedding out of the baby’s sleep area. Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in the baby’s sleep area, and keep all items away from the baby’s face. If you choose to use a blanket, place the baby with his or her feet at the end of the crib. The blanket should reach no higher than the baby’s chest. Tuck the ends of the blanket under the crib mattress to ensure safety
- Do not allow smoking around the baby
- Monitor the baby’s sleep area at all time. The baby should not sleep in a bed other children
- Think about using a clean, dry pacifier when placing the baby down to sleep, but don’t force the baby to take it. If the infant is being breastfed, wait until the baby is one month of age or is used to breastfeeding before using a pacifier
- Do not let the baby overheat during sleep. Dress the baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult
- Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety
- Do not use monitors to reduce the risk of SIDS. A child care professional should be in the room with the infant at all times
- Reduce the chance that flat spots will develop on the baby’s head. Provide Tummy Time when the baby is awake and someone is watching; hold the baby upright when he or she is not sleeping; change the direction that the baby lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncy seats

**SIDS Risk Reduction Recommendations for Parents – Job Aide**

The National Institute of Child Health and Human Development and the National Institutes of Health provide the following SIDS Risk Reduction Recommendations for parents:

**What is Sudden Infant Death Syndrome (SIDS)?**

SIDS is the sudden, unexplained death of an infant younger than one year old.

It is the leading cause of death in children between one month and one year of age. Most SIDS deaths
happen when babies are between 2 months and 4 months of age.

**How can I reduce the SIDS risk?**

Health care providers don’t know what exactly causes SIDS, but they do know certain things can help reduce the risk of SIDS:

- **Always place babies on their backs to sleep** – Babies who sleep on their backs are less likely to die of SIDS than babies who sleep on their stomachs or sides. Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS.
- **Use the back sleep position every time** – Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So it is important for babies to sleep on their backs every time, for naps and at night.
- **Place your baby on a firm sleep surface, such as a safety-approved* crib mattress covered with a fitted sheet** – Never place a baby to sleep on a pillow, quilt, sheepskin, or other soft surface.
- **Keep soft objects, toys, and loose bedding out of your baby’s sleep area** – Don’t use pillows, blankets, quilts, sheeepskins, or pillow-like bumpers in your baby’s sleep area. Keep all items away from the baby’s face.
- **Avoid letting your baby overheat during sleep** – Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.
- **Think about using a clean, dry pacifier when placing your baby down to sleep**, but don’t force the baby to take it. (If you’re breastfeeding, wait until your child is 1 month old, or is used to breastfeeding before using a pacifier.)