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.

Course Objectives:

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

- 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

References:


Secondary References


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 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
The ABC’s of Safe Sleep

Infants and babies should **always** sleep:

- **ALONE**
- on their **BACKS**
- in a safe **CRIB**
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).

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.
- 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 couch, 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, sheepskins, 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.)