

FACTS

Annually in the United States, 4,500 otherwise healthy infants die suddenly and unexpectedly during sleep, of these more than 2,300 are diagnosed SIDS. SIDS remains the leading cause of death of babies one month to one year of age in the United States. SIDS can happen to any family, regardless of age, ethnicity, religion, or economic status. In 2008 and 2009, 91 Iowa infants died suddenly and unexpectedly during sleep. Of those 91 babies:

- ★ Only 18 were put to sleep in a crib. Fifty one were sleeping on either an adult bed, couch, or in a recliner.
- ★ 71% of the 91 infants that died had soft bedding, such as bumper pads, blankets, toys, or pillows, in their sleep environment.
- ★ 63 of the 91 infants were found either on their stomach, side, or seated in a car seat or swing.
- ★ Statistics confirmed 40 of the 91 babies were sleeping with an adult or sibling at the time of death.
- ★ 58% of the 91 infants were exposed to nicotine before or after birth.

SIDS cannot be predicted or prevented at this time, but research shows a baby's risk can be reduced by following the safe sleep recommendations.

For more information contact:
Iowa SIDS Foundation
"To Keep Every New Life Living"
1-866-480-4741
www.iowasids.org

It is recommended that every child care home AND center have a safe sleep policy.

A safe sleep policy:

- Shows parents that their baby's health and safety is your top priority.
- Educates staff on consistent care and best practice.
- If followed, helps reduce your risk of liability.
- May save the lives of babies!!



At a minimum, a safe sleep policy should include:

- Healthy babies will ALWAYS sleep on their backs.
- Safety-approved cribs and firm mattresses will be used.
- Cribs will remain free of all soft bedding.
- Cribs will sleep only one baby.
- Room temperature will remain comfortable for a lightly clothed adult.
- Babies will be monitored on a regularly scheduled time interval.
- Supervised tummy time will occur when baby is awake.
- Physician notes are required for non-back sleepers.

For more information on safe sleep policies or unresponsive infant drills, contact the Iowa SIDS Foundation.

Brochure Funding Provided By:
CJ Foundation for SIDS
Washington County Riverboat Foundation
Principal Financial Group Foundation
Revised 2010

A message to
child care providers

Safe Sleep



for Iowa Babies

Iowa
SIDS
foundation

Risk Reduction Recommendations for Infant Safe Sleep:

(Based on the recommendations of the American Academy of Pediatrics)

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of an apparently healthy infant younger than one year of age that remains unexplained after a thorough autopsy, death scene investigation, and clinical history review.



The Iowa Sudden Infant Death Syndrome Foundation is a statewide non-profit 501(c)(3) health organization dedicated to providing emotional support to SIDS and SUID families, educating professionals and the general public about SIDS, and funding medical research into the causes of SIDS.

Infants should **ALWAYS** be placed flat on their back alone in a safe crib for ALL sleep, naps and nighttime. If baby falls asleep in a swing, car seat, bouncy chair or other surface while at home or child care, immediately remove baby and place them flat on their back in a safe crib.

A firm mattress in a safety approved crib, covered by a tight fitting sheet, is the recommended sleep surface for baby.

Keep ALL soft objects and loose bedding out of the crib. Items such as pillows, blankets, bumper pads, wedges, blanket rolls, and toys create an opportunity for baby to rebreathe carbon dioxide that may build up around baby's face.

Consider a wearable blanket or sleeper to keep baby comfortable and eliminate the risk of baby's head being covered.

Provide a nicotine free environment for baby, before and after birth. If odor from second hand smoke is detectable on clothing or bedding, research shows toxins are still present that can be harmful to baby.



To avoid overheating, baby should be lightly clothed for sleep and the room temperature should be kept comfortable to a lightly clothed adult.

Parents may share a room with baby but NEVER a bed! A separate but close sleeping area is recommended. Sleeping with a baby in a bed, couch, recliner, or other sleep surfaces with adults or other children is **NOT SAFE!**

Pacifier use at naps and nighttime is recommended for the first year of life. For breastfed infants, delay use until breastfeeding is established.



Keep baby's crib free of all soft bedding and positioning devices. Do NOT use commercial devices marketed to reduce the risk of SIDS.

Encourage supervised tummy time when baby is awake to assist in developing head and neck control.

Educate anyone caring for your baby about these risk reduction recommendations.

Every baby is at risk for SIDS!