

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

A Special Note to Grandparents

When my children were babies, I was told to have them sleep on their stomach. Why is it different?

We appreciate that parents were told to put a baby to sleep on their stomach to reduce the chance of baby choking if they spit up. However, since the Back to Sleep Campaign in 1994, the SIDS rates in the US have been reduced more than 50% with no increase in choking deaths.

Is it ok to place baby on his side to sleep?

Placing babies to sleep on their side poses the risk of baby rolling onto their stomach. The American Academy of Pediatrics highly recommends that every baby is placed completely flat on their back for ALL sleep, naps and nighttime.

How can you keep baby warm without a blanket?

Blankets, soft mattresses, and other loose bedding that may cover baby's airway creates an opportunity for baby to rebreathe the air that was recently exhaled and high in carbon dioxide. This is a potential hazard for infants vulnerable to SIDS as they are unable to respond appropriately. A better alternative is a wearable blanket, such as a sleepsack, or dressing baby in layers, both options will keep baby warm AND safe!

Where should my grandchild sleep if I don't have a crib?

A clean, thin blanket placed on the floor in a safe area of your home is ALWAYS a better alternative than placing baby to sleep on a couch, recliner, or adult sleep surface. Placing baby to sleep on these surfaces not only increase the risk of SIDS but other accidental sleep related deaths as well.

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A message to
parents

Safe Sleep



for Iowa Babies

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foundation

support ★ education ★ hope

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!