

## Safe Sleep & Car Safety Strategies to Protect Young Children

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## Training Intention

- Review best practice risk reduction strategies
- Recognize your expertise and support your work
- Share resources to support your prevention efforts
- Discuss strategies to address resistance
- Share resources and responses to help grieving families

## Safe Sleep for Babies



## Charlie's Kids Foundation



Dr. Sam and Maura Hanke with Charlie Paul

## SUID and SIDS

**SUID.** "Sudden Unexpected Infant Death" - describes the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation. SUID includes The sleep related deaths, asphyxia, infection, trauma, and SIDS.

**SIDS.** "Sudden Infant Death Syndrome" is the sudden, unexplained death of a baby younger than 1 year of age that does not have a known cause even after a complete investigation which includes an autopsy, death scene examination, and clinical history review. SIDS is a subcategory of SUID.

-CDC definitions

## American Academy of Pediatrics

AAP's policy statement on SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

- Reports that approximately 3500 infants die annually in the US from sleep-related infant deaths, including SIDS. In 79% of cases, babies were in unsafe sleeping situations.

## AAP Sleep Recommendations

- 19 recommendations for all who care for infants. The final four recommendations are directed toward health policy makers, researchers, and professionals.
- The recommendations REDUCE the risk of SIDS and other sleep-related infant deaths.

## 1. Back to Sleep

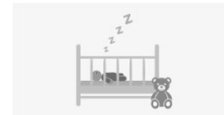
- Infants placed on their backs for every sleep by every caregiver until the age of 1.
- On the side and stomach are unsafe and increase baby's risk of dying.
- When baby can roll over, muscle strength is present to move head and neck. Continue to place baby on back when putting down to sleep.

## 2. Firm Sleep Surface

- Infants should be placed on a firm sleep surface covered by a fitted sheet with no other bedding or soft objects to reduce the risk of SIDS and suffocation.
- Surface must be firm. No soft mattresses, memory foam or cushions. Risk of suffocation.

## 2. Firm Surface (cont.)

- Crib, bassinet, portable crib or play yard must conform to the Consumer Product Safety Commission (CPSC) standards
- Crib slats spacing, snug fitting mattress, no drop sides, caution with older cribs, no broken parts



## 2. (cont.)

- No soft materials including pillows, blankets, sheepskins in the bed
- Area should be free of hazards, i.e., dangling cords, electric wires, to avoid strangulation risk.
- Do not leave baby sleeping in sitting devices including car seats, swings, strollers, etc.

## Unsafe for Baby to Sleep






Social media and dads messaging

### 3. Breastfeeding is Recommended

- Breastfeeding is associated with a reduced risk of SIDS. It is protective.
- Breast feeding exclusively for six month is best, but some breastfeeding helps decrease risk of SIDS.




### 4. Infant Sleep in Parents' Room

- AAP recommends that infants sleep in the parents' room, close to the parents' bed, but in a crib (or other safe infant bed) for the first year (the first 6 months is most critical).
- Room sharing, not bed sharing.
- Room sharing decreases the risk of SIDS by as much as 50%!

### 4. Room-sharing (cont.)

- Bed-sharing is unsafe. Risk for death due to SIDS and suffocation increases when parents to sleep with baby in their bed.



### 4. Room-sharing (cont.)

- Infant's risk of death in bed-sharing significantly increases when:
  - Infant is younger than 4 months
  - Infant sleeps with a current smoker
  - Adult is impaired (fatigue, medication, alcohol)
  - Infant is bed-sharing with non-parent, (including other children).
  - Bed-sharing on soft surface (waterbed, old mattress, sofa, etc.)

### 5. No Soft Objects or Loose Bedding

- Keep soft objects and loose bedding away from infant's sleep area to reduce the risk of SIDS, suffocation, entrapment, and strangulation.
- **Infant is Alone in the crib** – No stuffed animals, bumper pads, blankets, pillows loose sheets, toys, etc. These can obstruct nose and mouth posing a risk of suffocation, entrapment, or SIDS.

### ABC's of Safe Sleep



### 6. Offer Pacifier

- Parents are encouraged to consider offering a pacifier at nap time and bedtime.
- Studies show a protective effect of pacifiers in reducing the incidence of SIDS even if it falls out of the infant's mouth.
- Do not attach pacifier to clothing or hang around the baby's neck.



### 7. No Smoking

- Avoid smoking exposure for infant during the pregnancy and after birth.
- Both maternal smoking and smoking in the infant's environment are major risk factors for SIDS.
- The risk increases when the infant bed-shares with a smoker.

### 8. No Alcohol or Illicit Drug Use

- Mothers should avoid alcohol and illicit drug use during pregnancy and after birth.
- Prenatal and postnatal use of alcohol or drugs by mother increases the risk of SIDS.



### 9. Avoid Overheating and Head Coverings in Infants

- Studies show an increased risk of SIDS when infant is overheated when sleeping.
- Dress infants appropriate for the sleeping environment similar to what an adult would wear to be comfortable.

### 10. Prenatal Care for Pregnant Women

- Pregnant women should obtain regular prenatal care.
- Substantial epidemiologic evidence links a lower risk of SIDS for infants whose mothers received regular prenatal care.

### 11. Immunize Infants

- Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention.
- Evidence supports the protective effect of vaccination against SIDS.
- No evidence of a causal relationship between immunizations and SIDS

### 12. Avoid Commercial Devices

- Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.
- Be very wary of devices claiming to reduce the risk of SIDS. No evidence to support.
- Includes: wedges, positioners, devices placed in the adult bed to position or separate infant, special crib mattresses.
- Check products on CPSC web site ([www.cpsc.gov](http://www.cpsc.gov))

### 13. Use of Medical Home Monitors

- Do not use home cardiorespiratory monitors as a strategy to reduce the risk of SIDS
- No evidence to support the reduction of risk with use.

### 14. Tummy Time

- Supervised, awake tummy time is recommended to facilitate development and to minimize the development of positional plagiocephaly.
- Tummy time promotes development of the upper shoulder girdle strength necessary for motor milestones and helps prevent flattening of the back of infant's head.

### 15. No Evidence for Swaddling

- There is no evidence to recommend swaddling as a strategy to reduce the risk of SIDS.
- Swaddling may be used to calm infant if infant is placed on his back.
- High risk of death if swaddled infant is placed on his stomach.

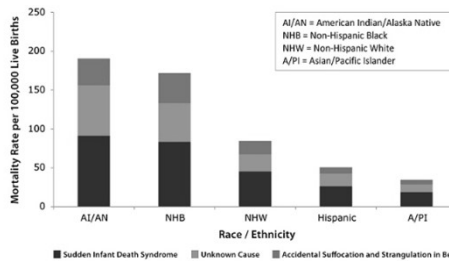
16. Health care professionals, staff in newborn nurseries and NICUs, and child care providers should endorse and model the SIDS risk-reduction recommendations from birth.

17. Media and manufacturers should follow safe sleep guidelines in their messaging and advertising.

### 18. High Risk Populations

- Continue the Safe to Sleep campaign, focusing on ways to reduce the risk of all sleep-related infant deaths, including SIDS, suffocation, and other unintentional deaths. Pediatricians and other primary care providers should actively participate in this campaign.
- Special focus on the higher risks for American Indian, Alaskan Native, and African American infants for SIDS and other sleep-related deaths

### Demographics/At Risk



### 19. Research and Investigation

- Continue research and surveillance on the risk factors, causes, and pathophysiologic mechanisms of SIDS and other sleep-related infant deaths, with the ultimate goal of eliminating these deaths altogether.
- Training on comprehensive death scene investigation, and Funding and Support for Child Death Review Teams

### Strategies to Address Resistance

What are reasons parents give for not following safe sleep recommendations?

- My family has always put their babies to sleep on the stomachs and we're fine.
- My baby likes sleeping on her stomach.
- Those experts are always changing the way they tell us to care for our babies!
- My baby is safer sleeping in the bed with me. I believe I can keep him safe.
- I don't have a crib for my baby.

### Strategies to Address Resistance

- It is important for parents/caregivers to hear the safe sleep recommendations many times.
- Share the "why" behind the safe sleep and breastfeeding recommendations.
- Share information with respect, kindness, and concern. How you deliver the message matters.
- Listen to parent's concerns and beliefs.
- Include fathers in Safe Sleep education.
- Share real stories.

### One response...

"When I was growing up, we were always told to place babies on their tummies to sleep. That was the safest way we knew at that time. As researchers in the US learned that babies died significantly less from SIDS in countries where they put them to sleep on their back, we were advised to begin this practice. It has reduced infant deaths from SIDS by over 50%! When my babies were little, I was terrified that they would die from SIDS, so I used the new, safer way."

## There's an App for That

- "Physicians from Rutgers Robert Wood Johnson Medical School in New Jersey teamed up with Microsoft to create the **Baby Be Well** free and interactive mobile app which promotes **safe sleep** for babies under one year, while also acting as a virtual baby book that can be shared with select friends and family members.



## Resources on Safe Sleep/SIDS

- American Academy of Pediatrics [aap.org](http://aap.org)
- Center for Disease Control and Prevention [cdc.gov](http://cdc.gov)
- Safe to Sleep Campaign – US Dept. of Health and Human Services [nichd.nih.gov](http://nichd.nih.gov)
- Healthy Children information by AAP [healthychildren.org](http://healthychildren.org)
- American Society for the Positive Care of Children [americanspcc.org](http://americanspcc.org)

## Videos to educate

### SIDS – the ABC's of Safe Sleep

<https://youtu.be/Xx0Yfv42rOg>



### Charlie's Story

<https://youtu.be/UztyHWve7gc>



## Supporting Grieving Parents

- The death of a child is a devastating loss. Parents experience feelings of shock, anger, fear, emptiness, extreme sadness (possible depression), and frequently guilt.
- People grieve in different ways. Mourning is an individualized experience without a time table.
- Life will never be the same again.
- Accept and validate the parents' many feelings.

## How Can I Support Parents?

- Keep your words simple, honest, and comforting.
  - “I'm sorry for the loss of your baby.”
  - “I don't know what the right words are, but I care about you and your family.”
  - “What can I do to help you?”
- Don't forget about dad. Grieving fathers are often left out of the support.

## How Can I Support Parents? (cont.)

- Very often, listening is enough. Allow parents to talk about the baby.
- Sit with parent, hold a hand, give a hug, allow parent to cry and share feelings.
- Acknowledge the parents' pain.

### What Not to Say to Parents

- "I know just how you feel."  
Unless you have lost a child, you cannot know the feelings.
- "You'll get over it in time."
- "It's God's will. Or It's for the best."
- "You can always have another baby."

### Also...

- Keep your faith, beliefs, and cliches to yourself. Use them for your own comfort. They may not be comforting to the parents.
- Avoid trivial conversation like the weather, work, or gossip. These are not of interest to the grieving parent at this time. Your silence and presence are more helpful.

### Resources for Grieving Families

First Candle offers support for families whose children died of SIDS/SUID or stillbirth.

- 24-hour grief line offering one-on-one support. 1-800-221-7437
- Bereavement information to help parents survive the death of their baby.
- Online Support Groups
- [www.firstcandle.org](http://www.firstcandle.org)

### Resources cont.

The Compassionate Friends

- offers friendship, understanding, and hope to families grieving the death of a child at any age
- Online support community and more than 600 chapters.
- Call 1-877-969-0010
- [www.compassionatefriends.org](http://www.compassionatefriends.org)

### Additional Resources

- Charlie's Kids Foundation  
[www.charlieskids.org](http://www.charlieskids.org)
- Share Pregnancy and Infant Loss Support, Inc.  
[www.nationalshare.org](http://www.nationalshare.org)
- Sudden Unexplained Death in Childhood Foundation – SUDC  
[www.sudc.org](http://www.sudc.org)

### Car Seat Safety





### National Statistics

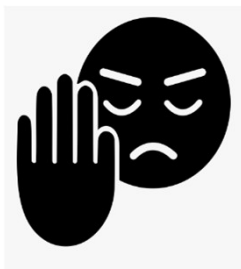
- According to the CDC, in the United States, 675 children 12 years old and younger died as occupants in motor vehicle crashes, and nearly 116,000 were injured in 2017.
- Of the children 12 years old and younger who died in a crash in 2017 (for which restraint use was known), 35% were not buckled up.



### 7 Common Car Seat Mistakes

- Installed improperly
- Turning the car seat too soon
- Not using tether
- Loose harnesses
- Bulky Clothes
- Improper Car seat Size
- Unknown history
- Registration Card

### Resistance



- History
- Lack of knowledge
- Child's complaints
- Funds
- Resources

### What Works

- Education
- Distribution programs
- Buckle up events
- Strong enforcement of laws



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