

ALABAMA SAFE SLEEP PROGRAM

Enrollment and In-Service Form

Name of Mother _____ Mother's Birth Date _____

Address _____ Due Date/Age of Infant _____

City, State, Zip _____ Email address _____

Telephone: Home _____ Cell _____ Work _____

First Responder Agency _____ Risk Factor Identified _____

	Initials of First Responder	Initials of Mother
SIDS-What is it? Leading cause of death among infants, most SIDS deaths happen mostly between 2-4 months of age, premature infants, higher rate among African Americans.		
Leading SIDS risk factors: 1) Stomach sleep, 2) maternal smoking, 3) infant exposure to smoke, 4) lack of prenatal care, 5) premature/low birth weight babies, less than 5 lbs. 8 oz., 6) soft, fluffy bedding, 7) co-sleeping.		
Lowering the danger of SIDS (Preventions)		
<ul style="list-style-type: none"> • #1 and the best – Place infants on their backs to sleep. Review SIDS Prevention pamphlet. Demonstrate placing infant on her back in crib with a blanket. Problems with stomach sleep: 1) under-developed muscles to support sufficient breaths when lying on stomach; 2) mouth and nose trapped in soft or loose bedding or soft, fluffy toys; 3) carbon dioxide exchange; 4) overheating; 5) apnea – pauses in breathing, 6) roll-over/suffocation 		
<ul style="list-style-type: none"> • Smoke-free environment. Don't smoke around your baby. Don't take your baby around others who smoke. Anyone holding your baby should be wearing smoke-free clothing. Second-hand smoke has cyanide and other poisons. Babies in smoke-free homes have fewer colds and infections. 		
<ul style="list-style-type: none"> • Closeness. Keep your sleeping baby nearby, but in a separate safe bassinet/crib or Pack-N-Play. Be sure you can hear her if she cries or is in distress. 		
<ul style="list-style-type: none"> • Bedding. Use only firm mattress with tightly fitted crib sheet. Do not put your baby to sleep on or around soft or fluffy things, such as a pillow, quilt, waterbed, soft or loose bedding or stuffed animals. If a blanket is needed, place baby at foot of crib and tuck blanket under three sides of the mattress. The blanket should not be above the nipple line of your baby. 		
<ul style="list-style-type: none"> • Temperature. Make sure your baby is warm, but not too hot. Keep room at a temperature that is comfortable for an adult and use light sleep wear for baby. 		
<ul style="list-style-type: none"> • Doctor visits. Take your baby in for regular checkups. Any time your baby is sick or has trouble breathing (panting or grunting), take her to the doctor or clinic. 		
Unsafe beds – No sofas, recliners, waterbeds, bean bags, air mattresses, soft mattresses, adult beds. Babies can get trapped and unable to breathe in places such as cracks between sofa cushions, adult mattress and headboards or footboards, loose bedding such as bedspreads and comforters, soft areas such as waterbeds and bean bags. Babies can roll off sofas, recliners, adult beds.		
Bed-Sharing – Hazards Involved. Another child or an adult can easily roll too close to your sleeping infant or your infant might roll too close to the child/adult and cause their air passages to be blocked. Tired, worn-out, or medicated adults are dangerous sleeping partners even on a couch or in a recliner with baby.		
Tummy Time – Do not forget it! Do it while infant is awake and being watched. Tummy time strengthens chest, back, neck, and arm muscles; prevents flat spot on back of baby's head.		
Child Care Away from Home requires same precautions as at home – Check It Out! Be sure your baby is sleeping safely. Take your crib with your baby. Always let others know these rules.		

Comments _____

I have received and understand the information presented to me on *SIDS prevention, Back to Sleep, and Bed-sharing*. I have asked questions about anything that I do not understand and have had my questions answered.

Crib Recipient Signature
First Responder Signature
Date

Print Name of Crib Recipient
First Responder Signature Agency