Safe Sleep Practices and Prevention of Sudden Infant Death Syndrome (SIDS)
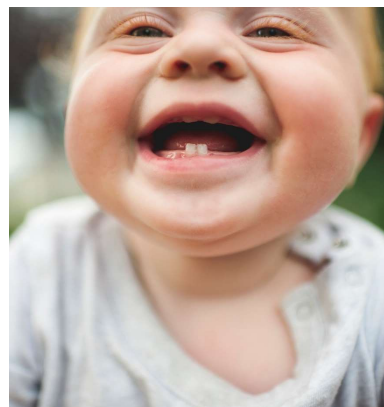
CONNECTICUT
NURSES
ASSOCIATION

1

Learning Objectives

At the end of this training, participants will be able to:

1) Discuss two important reasons for safe sleep practices for infants in family child care (FCC)

2) Describe two strategies FCC providers can use to promote safe sleep for infants

CONNECTICUT
NURSES
ASSOCIATION

2

SUID vs SIDS

Explained

- Trauma
- Drowning
- Known diagnosis
- Accidental suffocation

Unexplained

- SIDS
- Undetermined

CONNECTICUT
NURSES
ASSOCIATION

3

SIDS

Any unexplained SUID after:

- A complete review of the child's history
- An autopsy
- A death scene investigation

Typically, a seemingly healthy infant is found dead after a sleep period:

- A diagnosis of exclusion
- SIDS is not predictable

CONNECTICUT
NURSES
ASSOCIATION

4

Suffocation

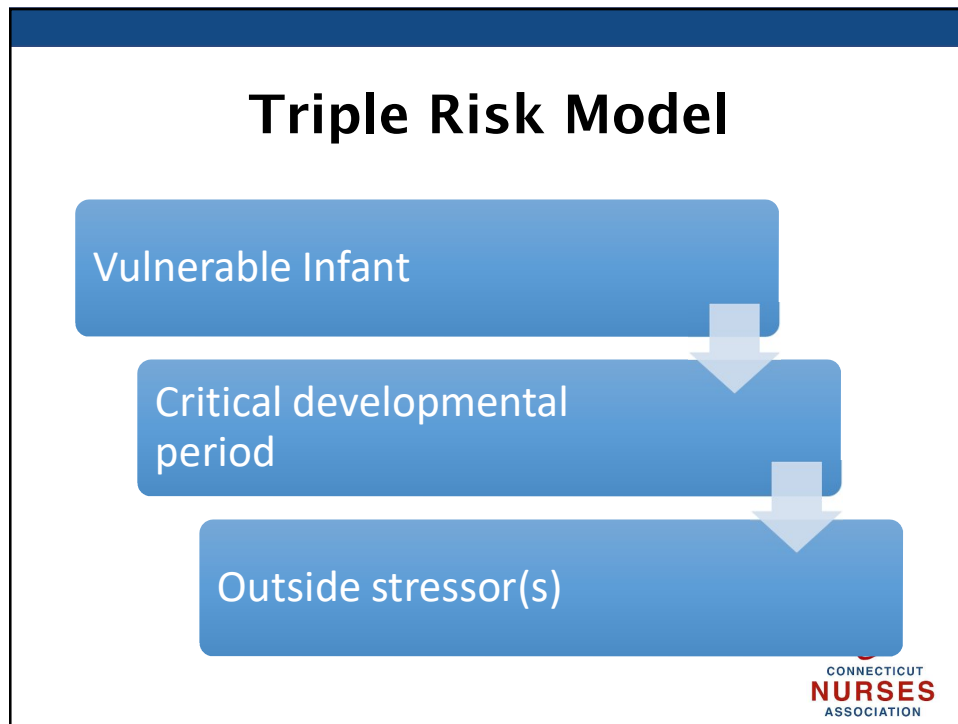| Asphyxia	• Stop breathing • Nose, mouth, or airway becomes obstructed • "Rebreathe"
Suffocation	• A form of asphyxia
Entrapment	• A situation that causes asphyxia
Strangulation	• Material wrapped around the neck, blocking the airway, causing asphyxia

CONNECTICUT
NURSES
ASSOCIATION

5

SIDS and Asphyxia

- Asphyxia is a part of SIDS
- Risk factors:
  - Prone sleeping (face down)
  - Smoke exposure
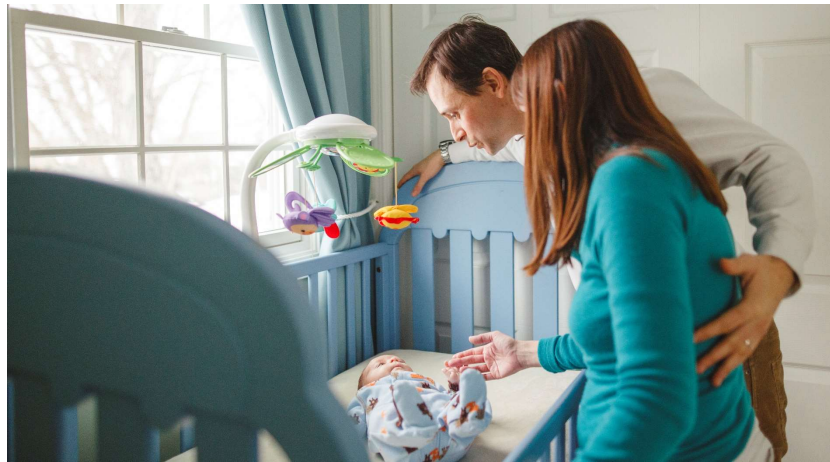 - Soft bedding, pillows, bumper pads, etc.
  - Bedsharing

CONNECTICUT
NURSES
ASSOCIATION

6

Triple Risk Model

Vulnerable Infant

Critical developmental period

Outside stressor(s)

CONNECTICUT
NURSES
ASSOCIATION

7

Recommendations:
Safe sleep environment

Back to sleep	Firm, flat sleep surface	Never sleep with baby
No soft objects or loose bedding in sleep area	Avoid overheating	No smoking/vaping, etc. near baby

8

Put babies on their back for all naps & sleep

9

Use a firm, flat sleep surface

10

Never sleep with baby

CONNECTICUT
NURSES
ASSOCIATION

11

Keep soft objects & loose bedding out of baby's sleep area

https://www.cdc.gov/sids/index.htm

CONNECTICUT
NURSES
ASSOCIATION

12

Don't let babies get overheated

- Overheating can increase the risk of SIDS
- Babies only needs one more layer than you would wear in the same environment to be comfortable
- Check for signs of overheating such as sweating, a hot chest or flushed skin
- Don't put a hat on baby while indoors

CONNECTICUT
NURSES
ASSOCIATION

13

Keep your car and home smoke-free

- Includes:
  - Cigarette
  - Vaping and electronic cigarettes, which contain nicotine
- The risk of SIDS is especially high, even when the smoker doesn't smoke in bed.

CONNECTICUT
NURSES
ASSOCIATION

14

Recommendations:
Safe sleep environment

Back to sleep	Firm, flat sleep surface	Never sleep with baby
No soft objects or loose bedding in sleep area	Avoid overheating	No smoking/vaping, etc. near baby

15

Resources

- CDC: Sudden Unexpected Infant Death and Sudden Infant Death Syndrome: https://www.cdc.gov/sids/index.htm
- Caring for our Children: 3.1.4 Safe Sleep https://nrckids.org/cfoc/database/3.1.4.1
- How to Keep Your Sleeping Baby Safe: AAP Policy Explained https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx

CONNECTICUT
NURSES
ASSOCIATION

16

Reaching out

📞 (860) 288 - 7558

✉ ctnurses@gmail.com

💻 www.ctnurses.org/FCC

CONNECTICUT
NURSES
ASSOCIATION

17

Thank you!

CONNECTICUT
NURSES
ASSOCIATION

18