

Where Children Sleep

SUIDS in the Western World

a presentation for IEBC
Tuesday, May 19, 2015

SIDS is the leading cause of death among babies
between 1 month and 1 year of age

More than 2,000 babies died of SIDS in 2010, the last year for which such statistics are available

Most SIDS deaths occur when babies are between 1 month and 4 months of age, and the majority (90%) of SIDS deaths occur before a baby reaches 6 months of age. However SIDS deaths can occur anytime during a baby's first year.

SIDS is a sudden and silent medical disorder that can happen to an infant who seems healthy.

SIDS is sometimes called "crib death" or "cot death" because it is associated with the timeframe when the baby is sleeping.

Cribs themselves don't cause SIDS, but the baby's sleep environment can influence sleep-related causes of death.

SIDS rates for the United States have dropped steadily since 1994 in all racial and ethnic groups. Thousands of infant lives have been saved, but some ethnic groups are still at higher risk for SIDS

What Causes SIDS?

At this time, there is no known cause for SIDS

You can reduce your baby's risk of SIDS and other sleep-related causes of infant death in the following ways.

Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby's sleep area is next to where parents sleep.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

What did we do before cribs?



© Fred Whitehead / Animals Animals





So, how does safe sleep and breastfeeding work?



No central heat here

Where did babies sleep then?





Lots of babies around the world sleep like this

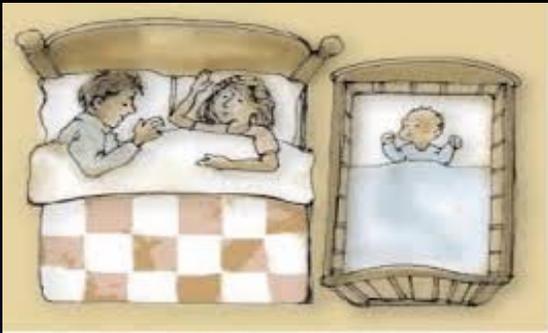


What we want to avoid are unsafe surfaces.
What's wrong with this?



Many people are afraid that adult beds are unsafe, so they feed their babies on couches - a much more dangerous surface.





This graphic is used with the permission of the Canadian Foundation for the Study of Infant Deaths.

Co-Sleepers are a solution that works for many families



This is the primarily recommended safe sleep surface for babies



The Safe Sleep Seven

From Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family
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If you are:

- *1. A nonsmoker
- *2. Sober and unimpaired
- *3. A breastfeeding mother
and your baby is:
 - *4. Healthy and full-term
 - *5. On his back
 - *6. Lightly dressed
and you both are:
 - *7. On a safe surface

then solid research indicates that your baby's SIDS risk is no greater in your bed than in a crib. And your automatic behaviors and responsiveness as a breastfeeding mother make it practically impossible to roll over on him. Other smothering risks are simple to deal with. They're covered in the Safe Surface checklist on the other side of this page. By about four months, research indicates that bed sharing with a healthy baby is equally safe with any responsible nonsmoking adult on a safe surface.

SAFE SURFACE CHECKLIST

Avoid these possible smothering risks:

Sofas and recliners

Softness or sagging that rolls your baby against you or keeps him from lifting his head free

Spaces between mattress and headboard, side rails, or wall where a baby could get stuck

Pets that could interfere

Clear your bed of:

Unused pillows

Stuffed toys

Heavy covers and comforters

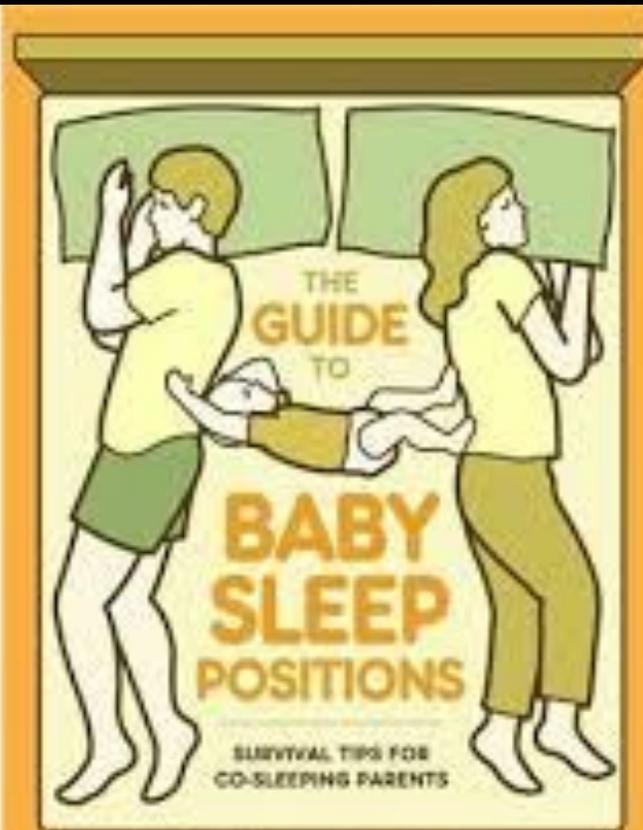
Anything nearby that dangles or tangles (such as cords, strings, scarves, ribbons, elastics)

Check your bed for possible hazards:

Distance to floor

Landing surface

Sharp, poking, or pinching place



Andy Herold & Charlie Cohen
HowToBeADad.com

Baby Sleep Positions

1-10

 howtobeadad.com

"The Roundhouse Kick"



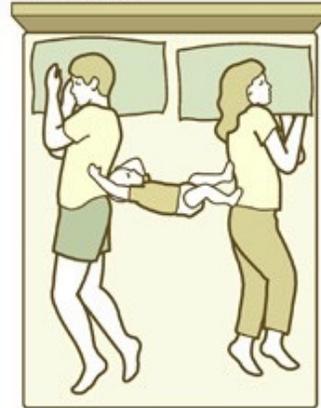
"The Neck Scarf"



"Snow Angels"



"H Is for Hell"



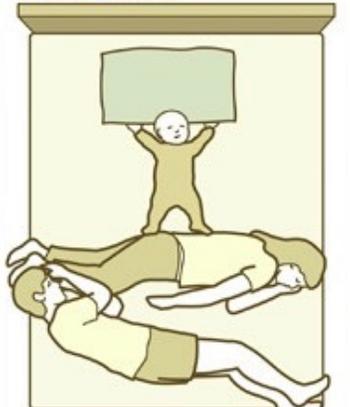
"Booby Trap"



"Jazz Hands"



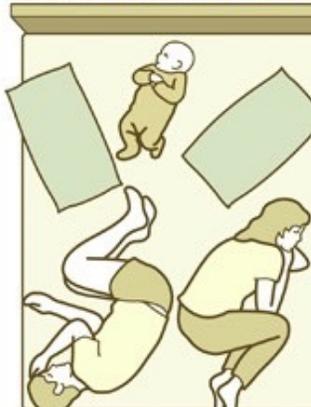
"Donkey Kong"



"The Dog House"



"I'm Not Speaking to You"



"The Stalker"



Questions?

Concerns?

Comments?

The End
and
Thank You!