

A Special Note for 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 re-breathe 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. The recommended alternative is a wearable blanket, such as a sleep sack or dressing baby in layers. Both options will keep baby warm AND safe!

Where should my grandbaby sleep if I don't have a crib or pack and play?

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

For more information:

For more information and to purchase a sleepsack, visit Safety Store at Blank Children's Hospital.

Find the location and hours online at blankchildrens.org/safetystore.



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Safe Sleep

Reducing the Risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant death



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What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of an apparently healthy infant younger than one year of age that remains unexplained after an autopsy, thorough death scene investigation, and medical health history review.

SIDS is one of the leading causes of death among US infants one month to one year of age.

SIDS can happen to any family, regardless of age, ethnicity, religion or economic status.

SIDS cannot be predicted or 100% prevented at this time, but research shows a baby's risk can be reduced by following the safe sleep recommendations.



Sleep Right. Sleep Tight.

1. **Back is Best.** ALWAYS place baby flat on their back for all sleep, naps and nighttime.
2. Use a safety-approved crib; flat, firm mattress; and tight-fitting sheet ONLY.
3. **Bare is Best.** Keep all soft bedding, including blankets, pillows, bumper pads and stuffed animals out of the crib.
4. Keep baby warm by using a wearable sleepsack instead of loose blankets. Keep baby's face uncovered at all times.
5. Share a room, NOT a bed with baby. Avoid sleeping with baby on a couch, chair, bed or other adult sleep surface.
6. Keep baby's room temperature comfortable for a lightly clothed adult.
7. Pacifier use at naps and nighttime is recommended. Delay pacifier use until breastfeeding is established.
8. Do not smoke during pregnancy and avoid exposing baby to second hand smoke to help reduce the risk of SIDS.
9. Car seats, swings, Rock n' Plays, bouncy chairs, slings and boppy pillows should NOT be used for routine sleep. These items should only be used under the supervision of an awake adult.

Expecting moms should:

- Visit their healthcare provider for regular prenatal care and well baby exams.
- Avoid nicotine, alcohol and illicit drugs during pregnancy.
- Follow their provider's guidance for immunizations.

Parents & Caregivers should:

- Avoid products and positioners that claim to prevent SIDS and other accidental sleep-related deaths.
- Provide supervised tummy time when baby is awake. Regular tummy time helps strengthen baby's head, neck and shoulder muscles and aids in minimizing flat spots on the back of baby's head.
- Educate others caring for your baby about safe sleep recommendations.
- Follow product guidelines for safe placement of baby in wearable infant carriers and wraps to reduce the risk of suffocation. It is important to ensure baby's mouth; nose and airway remain open to fresh air while being carried.



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