



**SAFE TO SLEEP:  
A GUIDELINE FOR NURSES**

American Academy of Pediatrics  
Recommendations for a Safe Infant Sleeping  
Environment

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WHAT IS THE PURPOSE OF THIS TRAINING

- Examine the expanded AAP guidelines
- To ensure that newborns have a safe sleep environment by using the AAP recommendations as a guideline
- To ensure that parents/caregivers receive consistent messages about safe sleep and to ensure that these messages are modeled by hospital staff



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WHAT IS FIMR?

- An action-oriented community-based process to understand and impact infant mortality
- A way to identify needs and generate solutions to improve the health of women, infants and families
- A plan to reduce fetal and infant mortality in our community



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FIMR STATISTICS

- Oklahoma ranks 41<sup>st</sup> in the nation for infant deaths
- In Oklahoma, Canadian, Cleveland, Pottawatomie, and Logan Counties, from 2010 to 2014, 119 babies died from sleep related deaths accounting for 25% of the 477 infant deaths
- In Oklahoma County, out of the 88 sleep related deaths between 2010-2014, 50% occurred in an adult bed




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HOW TO CREATE A SAFE SLEEP ENVIRONMENT FOR YOUR BABY

American Academy of Pediatrics Recommendations




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AMERICAN ACADEMY OF PEDIATRICS

WHAT YOU CAN DO

- **Place your baby to sleep on his back for every sleep**
- Place your baby to sleep on a flat, firm sleep surface
- Keep soft objects, loose bedding, blankets and other objects that could increase the risk of entrapment, suffocation or strangulation out of the crib
- Place your baby to sleep in the same room where you sleep, but not the same bed
- Do not let your baby get too hot
- Use a pacifier at nap time and bed time
- Schedule and go to all well child visits
- Do not use products that claim to reduce the risk of SIDS
- Keep your baby away from smokers and places where people smoke




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A baby should always be placed on his/her **BACK** to sleep



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WHAT IF MY BABY CHOKES WHILE SLEEPING ON HIS BACK?



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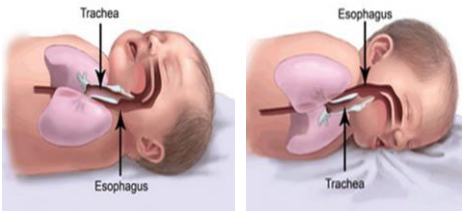
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*BACK SLEEPING IS BEST*



Back Sleeping

Stomach Sleeping



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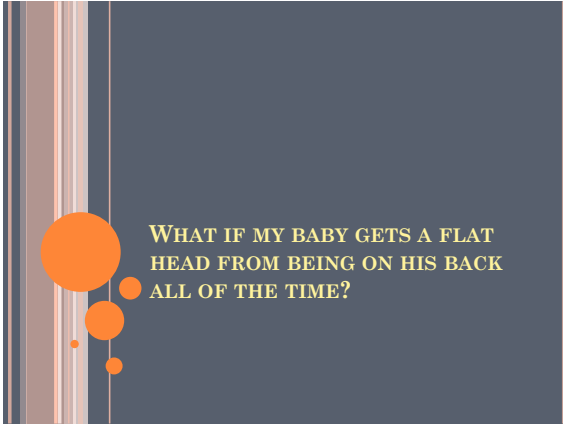
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WHAT IF MY BABY GETS A FLAT HEAD FROM BEING ON HIS BACK ALL OF THE TIME?

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### SUPERVISED TUMMY TIME

- o Supervised, awake tummy time is recommended to help with development and minimize the occurrence of a flat head




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### ALWAYS PLACE YOUR BABY ON A FLAT, FIRM SURFACE TO SLEEP

- A firm mattress with a fitted sheet
  - Cribs, pack-n- plays and bassinets should conform to Consumer Product Safety Standards (cpsc.gov)
  - Cribs with missing hardware should not be used.
- Use mattresses designed for that product; no gaps




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### NOT APPROVED FOR SLEEPING




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WHICH CRIB WOULD BE CONSIDERED A SAFE SLEEP ENVIRONMENT FOR A BABY TO SLEEP?

Crib A?



Crib B?



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ANSWER:  
CRIB B IS THE SAFEST SLEEP ENVIRONMENT FOR A BABY.



\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.

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TRUE OR FALSE?

Babies should have their own separate sleep space?

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ANSWER: TRUE



- Babies need to have their own separate sleep space.
- Room sharing NOT bed sharing...
  - The baby can sleep in the same room, but not in the same bed.
  - Provide a separate sleep space for the baby (crib, bassinet or play pen).




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DON'T LET YOUR BABY OVERHEAT

- Do not overdress your baby
- Avoid over bundling and covering of the face and head
- Dress baby in no more than 1 layer more than an adult would wear to be comfortable
- Always check on your baby for signs of overheating




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### USE A "WEARABLE" BLANKET



- o Sleep Sacks or wearable blankets should be used rather than blankets
  - Be sure to check on the baby to avoid overheating




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### CONSIDER A PACIFIER

Although the mechanism is yet unclear, studies have reported a protective effect of pacifiers on the incidence of SIDS



- Offer a pacifier when placing infant to sleep
- Typically dislodge within 15 minutes to 1 hour of sleep
- Never coat the pacifier with anything sweet
- Don't use a string or anything else to attach a pacifier around your baby's neck or clothing
- If breastfed, wait 3-4 weeks of age until breastfeeding is fully established




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### SCHEDULE AND GO TO ALL WELL-CHILD VISITS

- o There is NO evidence of any causal link between immunizations and infant death
- o Recent studies suggest that immunizations may have a protective effect against infant deaths
- o Talk to your health care provider




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### DO NOT USE PRODUCTS THAT CLAIM TO REDUCE THE RISK OF INFANT DEATH

- These include wedges, positioners, special mattresses and special sleep surfaces
- Manufacturers should not claim a product protects against SIDS unless there is scientific evidence to prove it




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### ELECTRONIC MONITORS

Do not rely on equipment that claims to reduce the risk of SIDS



Encourage your clients to always check on their baby.

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### SMOKING DURING PREGNANCY AFFECTS THE BABY BY...

- Slowing the development of the baby's lungs
- Decreasing oxygen to the baby, which slows the baby's growth.
- Increasing the risk of the baby being born too early
- Increasing the baby's heart rate

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### TOBACCO RISKS DON'T END WITH PREGNANCY.

- Effects of tobacco exposure on an infant
  - Prematurity
  - Low birth weight
  - Under-developed lungs
  - Addiction
  - Behavioral
- Reduce Exposure
  - Limit number of cigarettes per day
  - Timing breast feeding
  - Smoking away from infant
  - Avoid 3<sup>rd</sup> hand smoke

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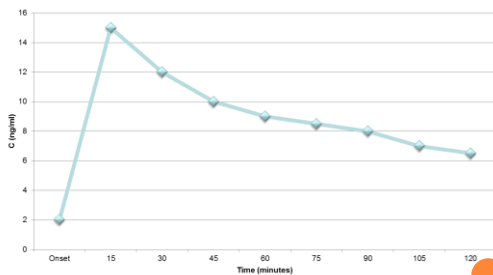
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### NICOTINE CONCENTRATION IN THE BODY



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## SECOND AND THIRD HAND SMOKE

- Second Hand Smoke is a combination of smoke from cigarettes and smoke exhaled
- Third hand smoke consists of pollutants that remain on surfaces and in dust after tobacco has been smoked




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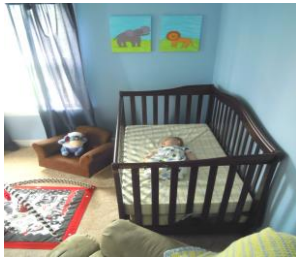
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## REMEMBER YOUR ABC'S

**Baby should sleep...**

- A**lone, on his/her
- B**ack, in a
- C**rib with the
- D**angers **E**liminated

- No pillows
- No blankets
- No bumper pads
- No stuffed animals
- No toys
- No clutter
- No cords
- No smoking




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