

OKLAHOMA CITY COUNTY HEALTH DEPARTMENT
Central Oklahoma Fetal and Infant Mortality Review (FIMR)
Position Statement on the Use of Cardboard Boxes to Promote Safe Sleep

The Central Oklahoma Fetal and Infant Mortality Review (FIMR) has maintained a commitment to providing education and awareness on infant safe sleep environments for nearly a decade. The standard used for such education is based upon the Sudden infant Death Syndrome (SIDS) and Other Sleep-Related Infant Deaths: 2016 Recommendations for a Safe Infant Sleeping Environment crafted by the American Academy of Pediatrics (AAP).

Currently, there has been an increased focus on using “baby boxes” (often referred to as Finland Boxes) in lieu of a crib, pack-n-play or bassinet to place an infant to sleep. This practice points to Finland’s low infant mortality rate with the use of these cardboard boxes. However, discussions often fail to address other contributing factors for Finland’s low infant mortality rate including fewer premature births, incentive for prenatal care, healthier adults, universal health care and an extended maternity leave.

While we appreciate the increased discussion surrounding infant safe sleep, FIMR continues to agree with the AAP on the need for more information. The AAP Task Force on SIDS states, “We need to have the research to guide our future efforts. Currently, the AAP Task Force on SIDS does not believe that there is yet enough evidence to say anything about the potential benefit or dangers of using baby boxes.”

Therefore, FIMR will continue to educate on known ways to reduce the risks of sleep-related deaths in Central Oklahoma. While we encourage new ideas and partners to promote infant safe sleep, we will continue to recommend the use of a crib or pack-n-play over a box that carries unknown risks for infant’s safety.

The safest known place for an infant to sleep is alone, on their back in a crib.

