

## For Information About Safe Sleep

Call 211 for a referral for local services and organizations

Join us in our commitment to eliminate preventable deaths of our irreplaceable children.

[www.preventneedlessdeaths.com](http://www.preventneedlessdeaths.com)

**Healthy Start Coalition of Pinellas**  
[www.healthystartpinellas.org](http://www.healthystartpinellas.org) (727) 507-6330 x.238

**American Academy of Pediatrics**  
[www.aap.org](http://www.aap.org)

**Florida Department of Health in Pinellas County**  
<http://pinellas.floridahealth.gov/> (727) 824-6990

**First Candle**  
[www.firstcandle.org](http://www.firstcandle.org)

**Treasa Foundation**  
727-742-9586

**National Institute of Child Health and Human Development**  
[www.nichd.nih.gov](http://www.nichd.nih.gov)

**Center for Disease Control and Prevention**  
[www.cdc.gov/sids/](http://www.cdc.gov/sids/)

The Healthy Start Coalition of Pinellas Inc. mission is to coordinate a system of care that guarantees that all women have access to prenatal care and that all infants have access to services that promote optimal growth and development.

Help us fulfill our mission!

The Coalition welcomes all Pinellas County residents to participate in improving the lives of mothers, fathers and babies. Please call us and join the Coalition.

(727) 507-6330 x 238  
[www.healthystartpinellas.org](http://www.healthystartpinellas.org)



Summer 2015

# Fetal and Infant Mortality Focus

## Addressing awareness regarding safe sleep.



# Safe Sleep

All care givers, not just parents, have a vital role in creating a safe sleep environment. These include grandparents, aunts and uncles, siblings, daycare providers, friends, neighbors and babysitters.

According to First Candle, a national nonprofit organization dedicated to safe pregnancies and the survival of babies through the first year of life states that 80-90% of sudden and unexpected infant deaths in the U.S. are the result of unsafe sleep practices, such as bed-sharing, use of soft bedding, and stomach sleep position.

The Center for Disease Control defines Sudden and Unexpected Infant Death (SUID) as an unexplained death, prior to any investigation and/or autopsy, usually while sleeping, of a baby that appears healthy and is less than a year old. Most SUIDs are reported as one of three types of infant deaths: 1. Sudden Infant Death Syndrome 2. Unknown Cause and 3. Accidental Suffocation and Strangulation in Bed

The District Six Medical Examiner's Office reported infants-sleep related-non-natural disease deaths of 9 in 2013 and 8 in 2014. Their office has not ruled an infant death as SIDS since 2000.

## Remember the ABC's of Safe Sleep

Ba- by is **A**lone  
 Ba- by is on **B**ack  
 Ba- by is in a **C**rib  
 And mind your **P**'s & **Q**'s



And use a **P**acifier during **Q**uiet time and **S**leep

adapted from <http://health.mo.gov/living/families/babies/safesleep/>

Researchers agree that pacifiers reduce SIDS by 70% in a safe sleep environment (Moon, Tanabe, Yang, Young & Hauck, 2012) and showed no correlation with the occurrence of infant ear infections (Walsh et al., 2014). The AAP recommends using a pacifier for sleep to help reduce SIDS.

[www.healthychildcare.org/pdf/sidsparentsafesleep.pdf](http://www.healthychildcare.org/pdf/sidsparentsafesleep.pdf)

[www.safesleepforbaby.com](http://www.safesleepforbaby.com)

<http://ncc.georgetown.edu>

## American Academy of Pediatrics Safe Sleep Guidelines for Infants

- Use "Back to Sleep" recommendations for every sleep.
- Use a firm crib mattress covered by a tightly, fitted sheet.
- Encourage room sharing without bed sharing.
- Keep soft objects and loose bedding out of the crib.
- Receive regular prenatal care when pregnant.
- Avoid smoke exposure during pregnancy and after birth.
- Avoid alcohol and illicit drug use during pregnancy and after birth.
- Breastfeed if possible
- Consider offering a pacifier at naptime and at bedtime.

- Avoid overheating.
- Keep the infant up to date on all vaccinations and well-baby check ups
- Avoid commercial marketing devices, such as wedges and positioners for sleep
- Do not use home monitors as a strategy to reduce SIDS.
- Use supervised, awake tummy time to facilitate development.

Source: (Meadows-Oliver & Hendrie, 2013)

The picture below shows how the baby's airway gets narrowed by placing the baby to sleep on their stomach. Always place the baby on their back to sleep.



## What We Heard About Safe Sleep in Our Community

by Shana Gaines

Four health care providers and four non-parent caregivers were interviewed concerning infant safe sleep to help us understand knowledge and practices in our community. They shared:

- Physicians are primary educators for staff and parents. Physicians, especially pediatricians, should remember to review safe sleep guidelines with their staff so they can better educate parents/caregivers and increase awareness of infant safe sleep environments.
- Pacifiers are not only used to soothe infants, they can help reduce the incidents of SUIDS.
- Many non-parent caregivers are unaware of safe sleep guidelines. Everyone caring about infants must always use safe sleep guidelines.
- Parents need to share safe sleep guidelines with grandparents, aunts and uncles, siblings, day care providers, friends, neighbors and anybody caring for their infants.

**We thank these participants for their contribution.**