Infant Safe Sleep

What is SIDS?

Sudden Infant Death Syndrome, or “SIDS” is the sudden and unexplained death of an apparently healthy infant less than one-year-old. SIDS remains unexplained even after a thorough case investigation.

“Back to Sleep”

Infants less than one-year-old should be placed flat on their backs every time for all sleep (naps and at night time). We know that the first six months of life are the most critical because infants in this age range have little to no control over their movements. They cannot easily turn their head or purposefully roll over during sleep.

By five months, most babies are beginning to flip or turn over. By seven months, they can push up to a crawling position and rock back-and-forth.

Yet, despite the increasing control of their bodies, infants under a year-old still do not have full control of their movements. They are not fully able to sense and move away from an unsafe sleeping position. All children less than twelve months are still at risk.

Any child, from any family can die from SIDS. But some children are at higher risk:

**BIRTH FACTORS**
- Premature—Less than 37 weeks gestation.
- Low birth weight—5.5 lbs. or less.
- Twins, triplets, or multiple births.
- Infant siblings—Born less than 18 months apart.

**MATERNAL FACTORS**
- Less than 18 years old.
- Drug and/or alcohol use.
- Smoking during or after pregnancy.

**NICOTINE AND SMOKING**
- Smoking before, during, and after pregnancy has increase the risk by 3 times.
- Babies inhaling second hand smoke increases the risk by 2 times.
SAFE SLEEP

Use the Right Equipment
- Use a crib and firm mattress that meets safety standards. Check the consumer product safety commission. Visit: cpsc.gov
- DO NOT place baby on:
  - Bed
  - Sofa
  - Soft mattress
  - Pillow
  - Waterbed
  - Soft surfaces to sleep
- Avoid mobiles; cords can cause strangulation.

Helpful Safe Sleep Practices
- Always place baby on back to sleep.
- One crib—one baby—no crib sharing!
- Dress baby in sleeper or sleep sack.
- Avoid swaddling and do not use blankets.
- Actively observe baby by sight and sound at all times during napping.
- Watch for signs of overheating and signs of distress: damp hair, sweating, flushed cheeks, heat rash, or rapid breathing.
- Consider using a pacifier (with parent’s permission).
- Keep room temperature comfortable—avoid over heating.

Safe Sleep Policy
- Shows parents that health and safety is your #1 priority.
- Includes standard of care for infants.
- Educates everyone caring for infants.
- Reduces liability.
- Saves lives.

Safe Sleep Environment
Remove:
- Pillows
- Blankets
- Quilts
- Sheepskins
- Stuffed animals
- Bumper pads
- Sleep positioners
- Bibs
- Other soft items

Crib
- Use cribs for sleeping only.
- When children wake, move them to an appropriate play area.
- Cribs should not be used for “time-out”.

Tummy Time
- Babies need awake time on their tummies to develop strong neck, arm, shoulder, and upper body muscles.
- Tummy Time strengthens muscles needed to: sit up, crawl, and walk.
- Get down on the floor, make eye contact, monitor, and talk with the baby.

Encourage and Support Breastfeeding
- Infants who are breastfed for the first 6 months of life have a reduced risk for SIDS.

Safety precautions should be taken until one-year-of-age.

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