



Straight Talk
for
Infant Safe Sleep



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Saving babies. Supporting families.

Who is First Candle?

- 35 year-old national non-profit organization focused on SIDS, accidental suffocation and stillbirth
- Works with local communities to educate care providers on safe sleep guidelines
- Provides bereavement support services to families who have experienced a loss



Barb Himes – Director
of Education and
Training

Learning Objectives

- Learn about the latest recommendations by the American Academy of Pediatrics and the reasons behind them – leave with top 5 safe sleep & breastfeeding practices
- Identify potential personal biases
- Understand the conversation approach – “Meeting families where they are” in addressing obstacles

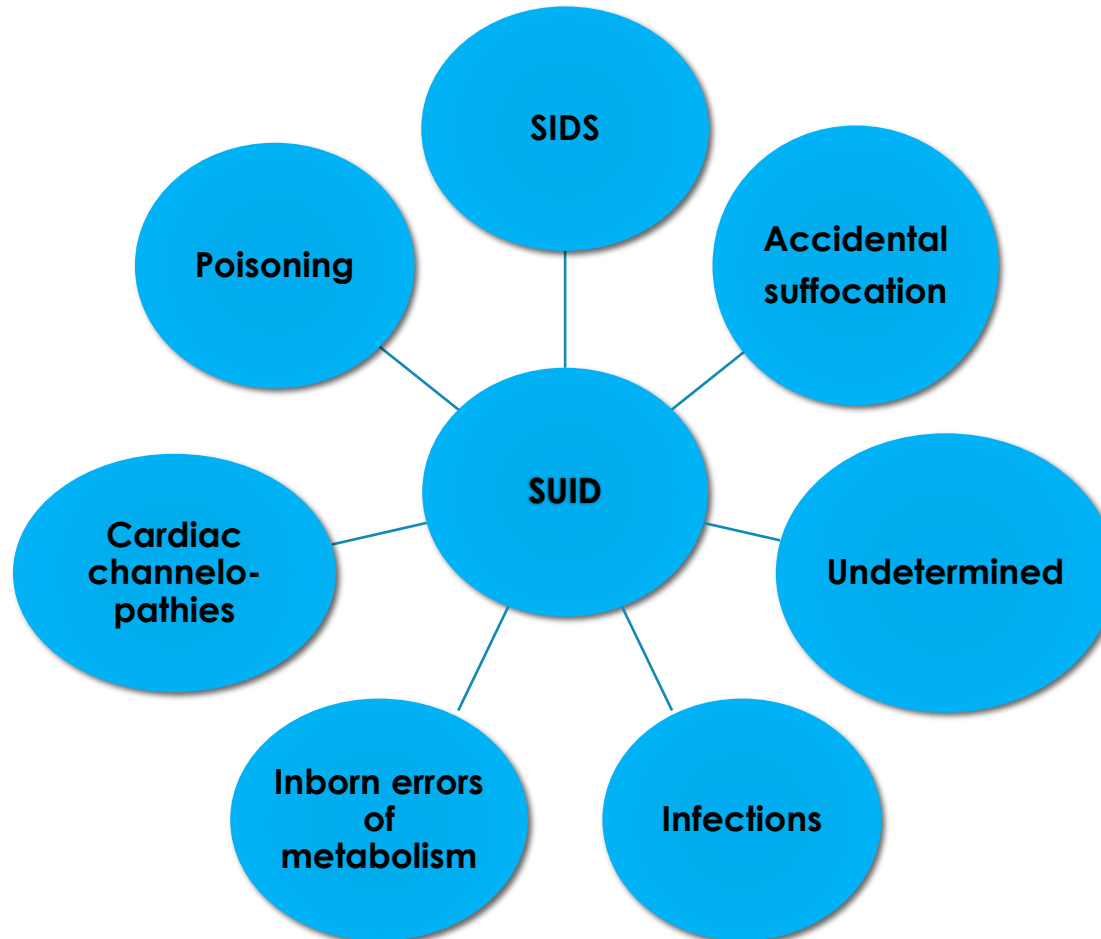
Definition of SIDS vs. SUID

SIDS: sudden unexplained death of a baby younger than 1 year of age that doesn't have a known cause after a complete investigation (complete autopsy, examination of the death scene, and review of the clinical history)

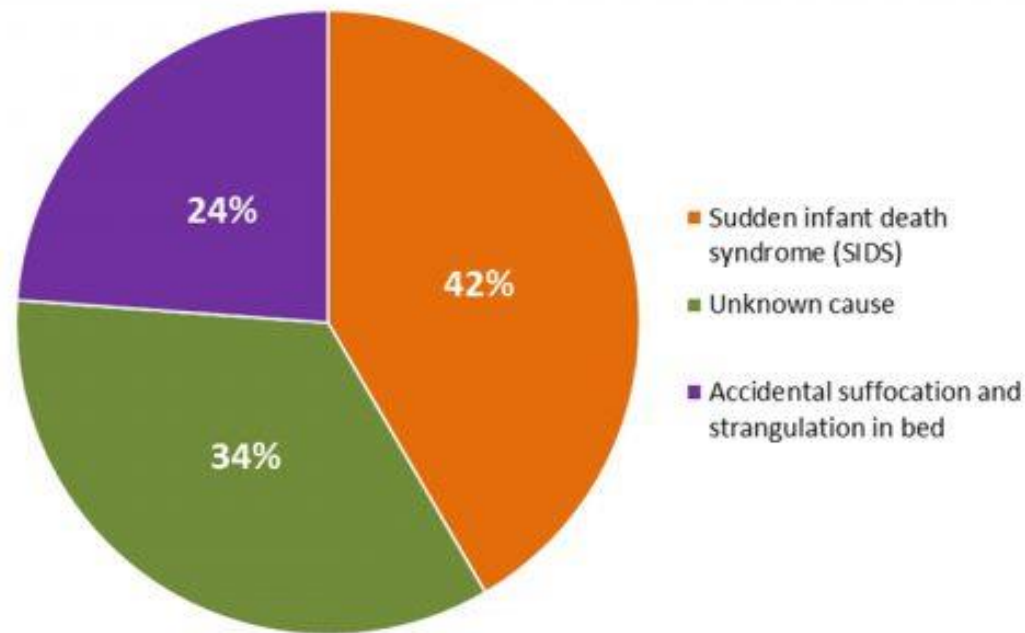
Definition SIDS vs SUID

SUID: death of an infant less than 1 year of age that occurs suddenly and unexpectedly. After a full investigation, these deaths may be diagnosed as suffocation, asphyxia, entrapment, infection, ingestions, metabolic diseases, cardiac arrhythmias, trauma (accidental or non-accidental) or SIDS

Types of SUID



Breakdown of Sudden Unexpected Infant Death by Cause, 2016



Source: National Center for Health Statistics, CDC

Potential Biases

What are our life experiences and family practices



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2016 AAP Recommendations

- Always place baby on back for every sleep time
- Use a firm sleep surface covered with fitted sheet
- Breastfeeding is recommended
- Room sharing without bed sharing
- Keep soft objects and loose bedding out of baby's sleep area
- Consider offering a pacifier at naptime and bedtime

2016 AAP Recommendations

- Avoid smoke exposure (alcohol & drug use) during pregnancy and after birth
- Avoid overheating
- Infants should get well-baby check-ups and vaccines
- Home breathing and heart monitors are not effective to reduce SIDS
- Avoid commercial devices marketed to reduce SIDS
- Give supervised tummy time

Bare Crib Nothing but baby!



Back to Sleep for Every Sleep

- To reduce the risk of SIDS and suffocation, back sleeping for every sleep
- Side sleeping is not safe and is not advised
- Supervised tummy time when babies are awake and supervised



Use A Flat Sleep Surface

To reduce SIDS and suffocation:
Firm crib mattress w/fitted sheet

A crib, bassinet, portable crib or
play yard which meets CPSC
safety standards

Check for recalls

Do not use cribs with missing
hardware; don't try and
fix broken cribs



This is what a safe sleep environment looks like. The baby's sleep area has no bumpers, pillows, blankets, or toys and is next to where parents sleep.

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Use a Firm Sleep Surface

Use mattress designed for specific product

Mattress should be firm and maintain shape even when fitted sheet is used

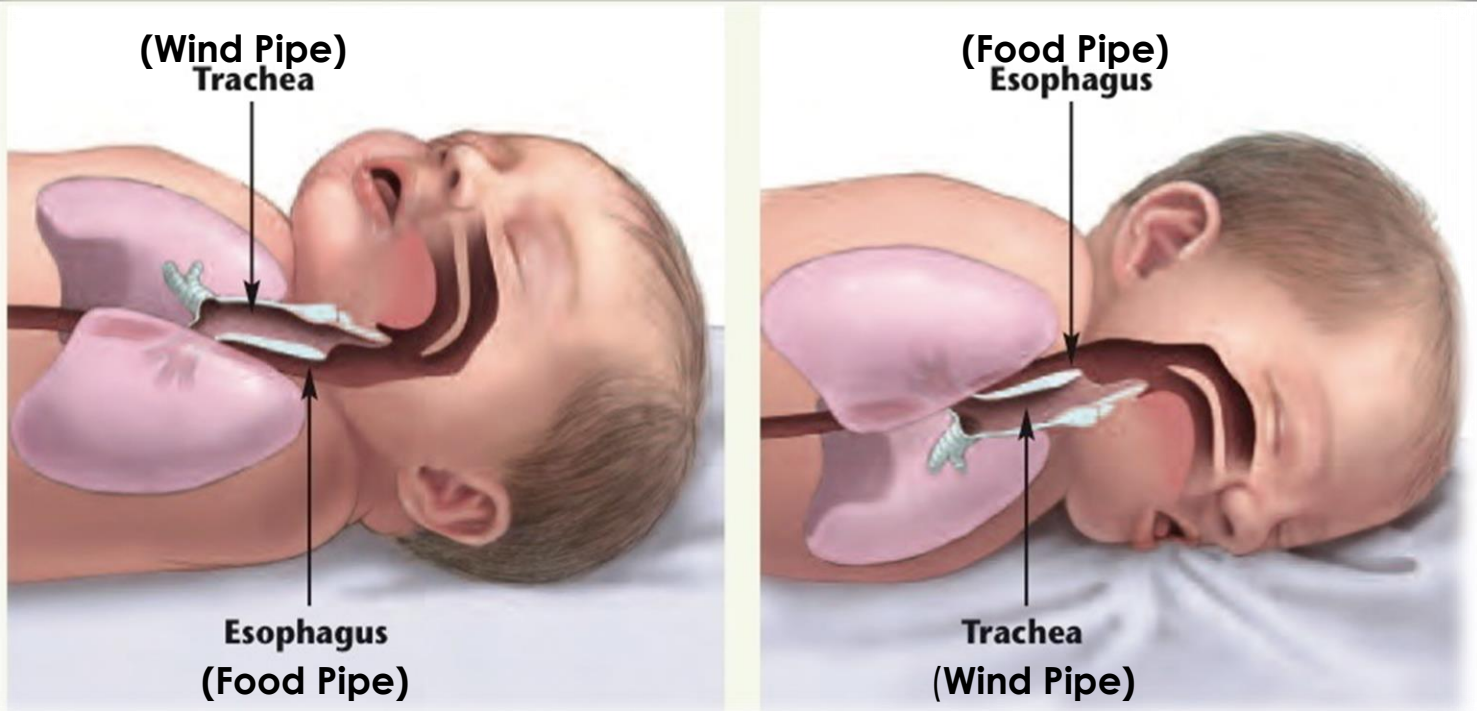
No pillows or blankets in addition to or instead of mattress under the infant

NO Memory Foam!

Adult beds not made for infant sleep – risk of entrapment and suffocation



Won't my Baby Choke? Remember the Anatomy!



Pacifiers

Studies consistently demonstrate a protective effect of pacifiers on SIDS

Mechanism unknown



Consider Offering a Pacifier at Naptime and Bedtime

For breastfed infants, delay pacifier introduction until breastfeeding is firmly established, usually by 3 to 4 weeks of age

When caretaker is other than mother, pacifiers are good for soothing a crying baby

Do not use pacifier attachments



Car Seats and Bouncers



Wedges and Positioners

Not advised



Nap Nanny Recalled
in 2013



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Plagiocephaly

Encourage “tummy time” when infant is awake and observed. This will also enhance motor development.



A Magical Hour





Breastfeed



Latch



Getting enough



Caring for your baby & yourself

Being a Champion

Come from many different aspects of a mom's life.
(Professional and Personal)

A trusted family or community member that offers support before, during and after her baby is born.

Examine how we feel about safe sleep and breastfeeding.

What beliefs and experiences do we bring to the subjects?

Listen and learn



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Tips to Support/Share with Parents

- ABC – Alone, on Back in Crib with nothing but baby – Room share not bed share and keep it bare
- ABC – A Magical hour of bonding –Skin to Skin, Baby to breast every 2/3 hours, Caring for yourself, sleep when baby sleeps, let family & friends help, Comfortable latch is critical and maintaining a milk supply.
- Ask for help

Call to Action



You Can Make A Difference, One Baby at a Time!

Resources and Partners



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Resources

AAP Safe Sleep Recommendations Online Version

<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

Consumer Product Safety Commission (CPSC)

https://www.cpsc.gov/s3fs-public/pdfs/blk_pdf_cribrules.pdf

Questions and Answers From CPSC and FDA on new crib standards

<https://onsafety.cpsc.gov/blog/2011/06/14/the-new-crib-standard-questions-and-answers/>

Safe Infant Sleep and Breastfeeding Support: What to Consider When Looking for Child Care (Checklist)

<https://www.ncemch.org/suid-sids/documents/CCAT-Child-Care-Checklist.pdf>

Resources

National Action Partnership to Promote Safe Sleep Improvement and Innovation Network (NAPPSS-IIN)

<https://www.nichq.org/project/national-action-partnership-promote-safe-sleep-improvement-and-innovation-network-nappss>

Health Resources and Services Administration (HRSA)

<https://mchb.hrsa.gov/maternal-child-health-topics/perinatalinfant-health>

Safe to Sleep® Campaign

<https://www1.nichd.nih.gov/sts/Pages/default.aspx>



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Education and Training Programs and Grief Support

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Expect the Unexpected



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