

Monthly Message: Safe sleep is the best sleep



Bed time is meant to be a time for rest, routines and sweet dreams. But unfortunately for many infants, sleep time can be a dangerous time. In Kentucky, every 5 days an infant dies in an unsafe sleep environment. October is SIDS(Sudden Infant Death Syndrome) Awareness month and Safe Sleep Kentucky was developed to increase the public's awareness about the seriousness of unsafe sleep environments and how we can prevent these deaths.

In 2013, 90% of infants who died unexpectedly had at least one hazardous risk factor related to their sleep space. These risks include: the baby not put to sleep on their back; sleeping on a surface not intended for infant sleep such as an adult bed, couch, car seat or swing; sharing a bed with an adult or another child; or pillows, blankets and other soft bedding, and toys in the crib. 50% of the deaths involved bed sharing which is very dangerous for infants. In fact, in the state of Kentucky, an infant is 70 times more likely to die in a sleep related death than in a motor vehicle accident.

Reducing the risk of SIDS and keeping infants safe during sleep is done by simply following the ABC's at every nap time or bed time.

- A** Alone-baby should always sleep alone.
- B** Back-baby should sleep on his or her back for all sleep, including naps.
- C** Crib- baby should sleep in a clear, clean crib for every sleep.
- D** Dangers-drinking and drug use affect the caregiver's ability to care for a baby, making bed sharing and other unsafe sleep even more dangerous for the baby.

Besides lowering the risk of SIDS by using the back sleep position, research shows that babies who sleep on their backs are less likely to get fevers, stuffy noses and ear infections. These recommendations are meant for children up to one year of age. While bed sharing is not recommended, room sharing is encouraged and is shown to reduce SIDS.

Please educate anyone who helps care for your child (ex. grandparents, babysitters, child care) on how to practice safe sleep techniques. For downloadable materials and resources for parents, child care providers, DCBS workers, and other community members and professionals, visit www.SafeSleepKy.org or the national Safe to Sleep Campaign at <http://safetosleep.nichd.nih.gov>. By following these sleep practices, you can sleep soundly knowing that your child is safe.

SAFESLEEP
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Sources: www.SafeSleepKy.org

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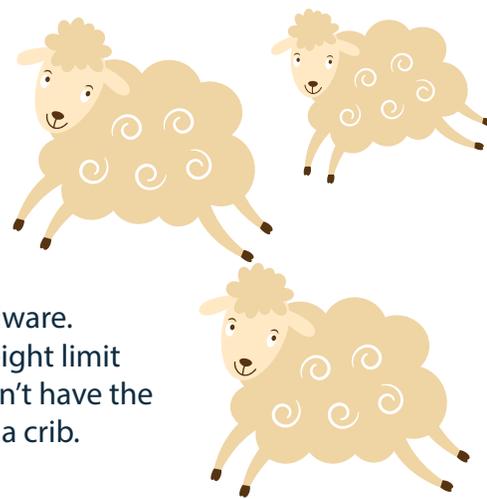
frequently asked questions

How do I keep my baby warm at night without a blanket?

Set the thermostat to a comfortable level. If it's too hot or too cold for you, the same is true for your baby. You can also dress your child in light layers or consider using a wearable blanket.

What should be in my child's crib?

A firm mattress that fits the crib and a fitted sheet. While they may look adorable, quilts, stuffed animals, pillows and bumpers are not necessary or advised to be in the crib with a sleeping child. If you choose to use a pacifier with your child, do not attach it to your baby's clothes with a clip or string.



Is a bassinet or play yard safe for my child to sleep in?

Yes. The Consumer Product Safety Commission advises they have a sturdy bottom, smooth surface, firm and tight fitting mattress and no exposed hardware. It is advised to transition from a bassinet to a crib once your child hits the weight limit listed in the instruction manual (15 pounds is the recommendation if you don't have the manual). When your child begins to roll over or sit up, make the transition to a crib.

What if my baby turns while asleep?

Always start by placing your baby on his or her back. If he or she turns, it's okay to leave your child in that position. Most babies start rolling over between 4 to 6 months.

Safe Sleep Tips

Don't let your child sleep on a couch, a swing, an adult bed, a car seat that's not in motion, or on an adult's chest while lying down.

Tummy time is a great, safe way for your child to spend supervised time on his or her stomach while awake. It helps to build motor skills, strengthen muscles and prevent flat spots on the back of the head.

Using a secondhand crib? In 2011, new federal safety standards were passed for cribs. Cribs manufactured before this date means there's a risk they're not safe. Drop-side cribs are banned from sale. Check the manufacturing year marked on your crib and also check if there has been a recall at <http://www.cpsc.gov/en/Recalls/> if you purchased a crib from a yard sale or consignment store.

A snugly fitting mattress reduces injury and the risk of SIDS. Test to see if two fingers can fit between the sides of the mattress and the crib. If they don't, the mattress fits well.