



National Public Safety Initiative

# Safe Sleep Education

# What is the National Public Safety Initiative?

- First responders and law enforcement agencies are partnering with Cribs for Kids to participate in the National Public Safety Initiative.
- These programs provide infant safe sleep education to parents/caregivers and free portable cribs to families whose babies are sleeping in an unsafe sleep environment, with the assistance of first responders.

# Program Procedure

Four simple steps to this program:

1. Educate officers
2. Have cribs at the station
3. Remember to be on the lookout for a baby without a safe sleep environment
4. Offer a crib when seen fit

# Identifying the Risk

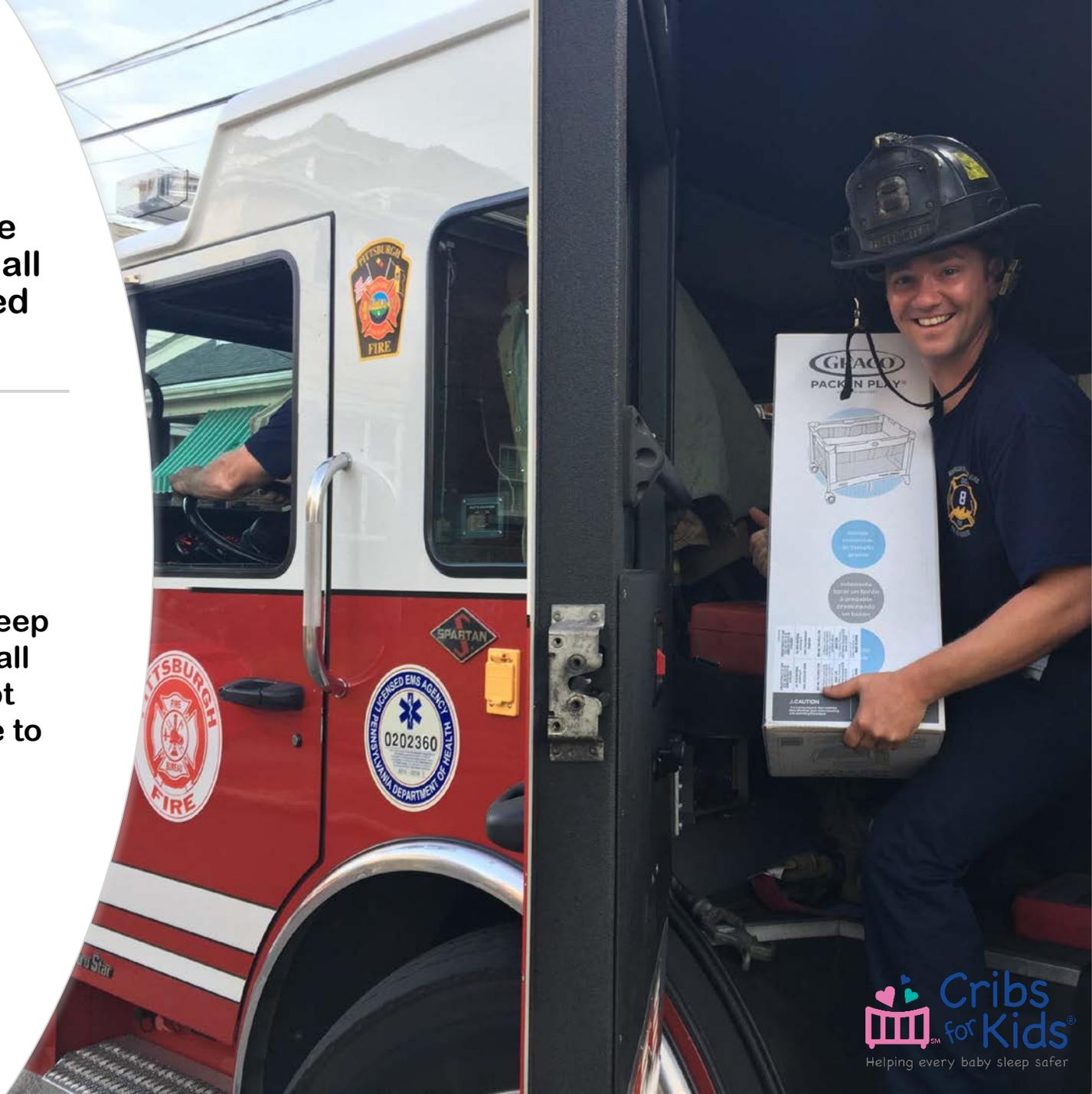
Identify and acknowledge the risk when on scene for any incident. As first responders you encounter types of incidents that offer the opportunity to educate caregivers about the importance of infant safe sleep.

## -Risk Factors Include

1. A baby sleeping on a couch
2. A baby sleeping in a car set
3. Seeing a baby under one year not in a crib

With your help we strive to eliminate all infant sleep related deaths by:

1. Educating communities on infant safe sleep.
2. Providing safe sleep environments to all babies that do not have a safe place to sleep.







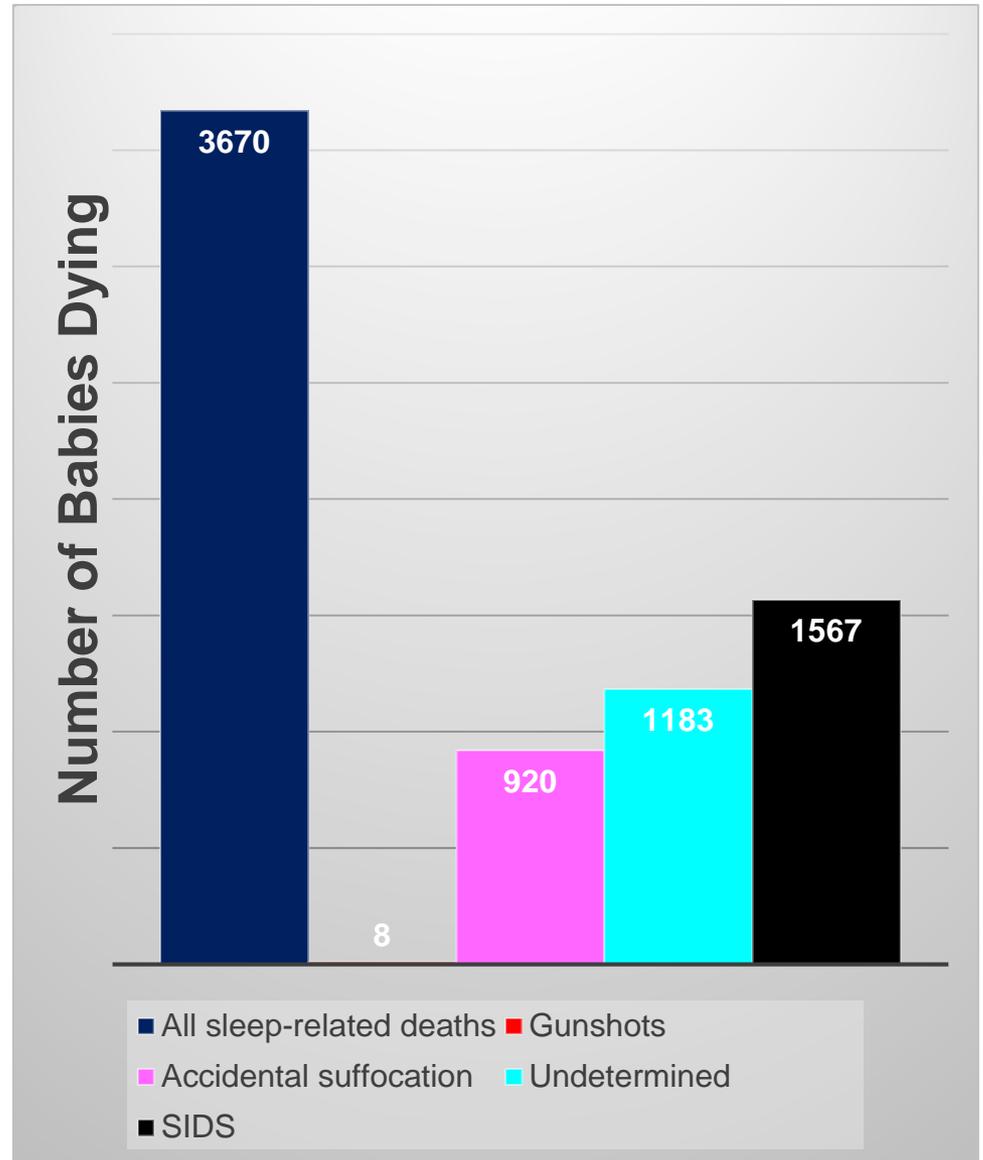
**FACT:** Over 3,500 babies  
in the U.S. die each year from sleep-related deaths!

# Infant Sleep-Related Death Facts

- Infant sleep-related deaths are the leading cause of death in infants between **1 month and 1 year of age**.
- The peak incidence is between **1 – 4 months**.
- Approximately **1,500** sleep-related deaths are caused by **Sudden Infant Death Syndrome (SIDS)**.
- However, studies now show that the majority of sleep-related deaths are caused by **accidental suffocation**.
  - Accidents are preventable, so many of these deaths can be prevented.

# Q: How are our babies dying?

## A: Sleep-Related Deaths



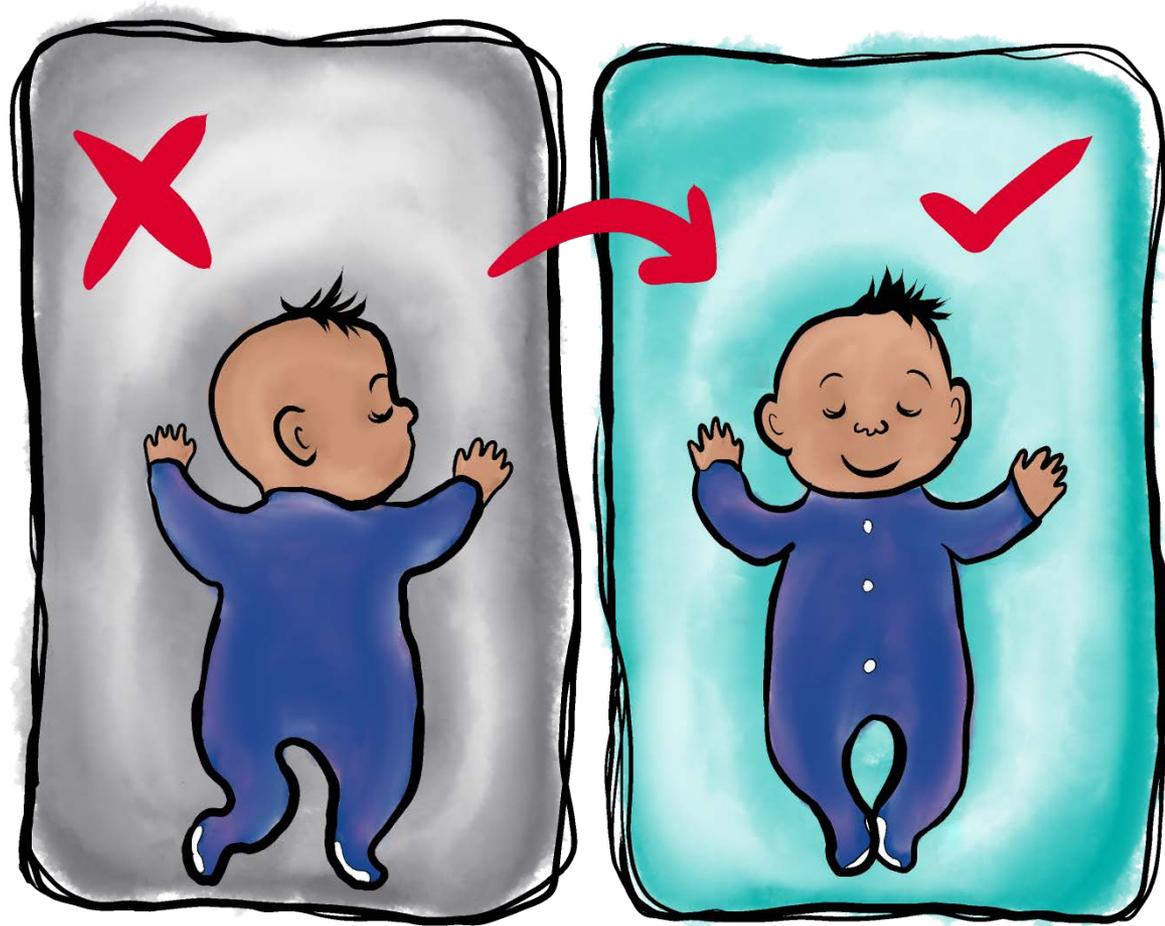
# Answer

- **Statistics show that more than 3,500 infants die unexpectedly in the U.S. every year.**
- **In the past decade, the number of accidental suffocation deaths has increased over 30 percent!**
- **The most common causes of the accidental deaths are laying over the baby, the use of soft bedding, and the baby getting wedged between two objects.**

# What Do We Know?

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- Babies sleep safest on the back.
- Sleep surface matters.
- Every sleep time counts – for naps and for night!



# How to Protect a Baby from Sleep-Related Death

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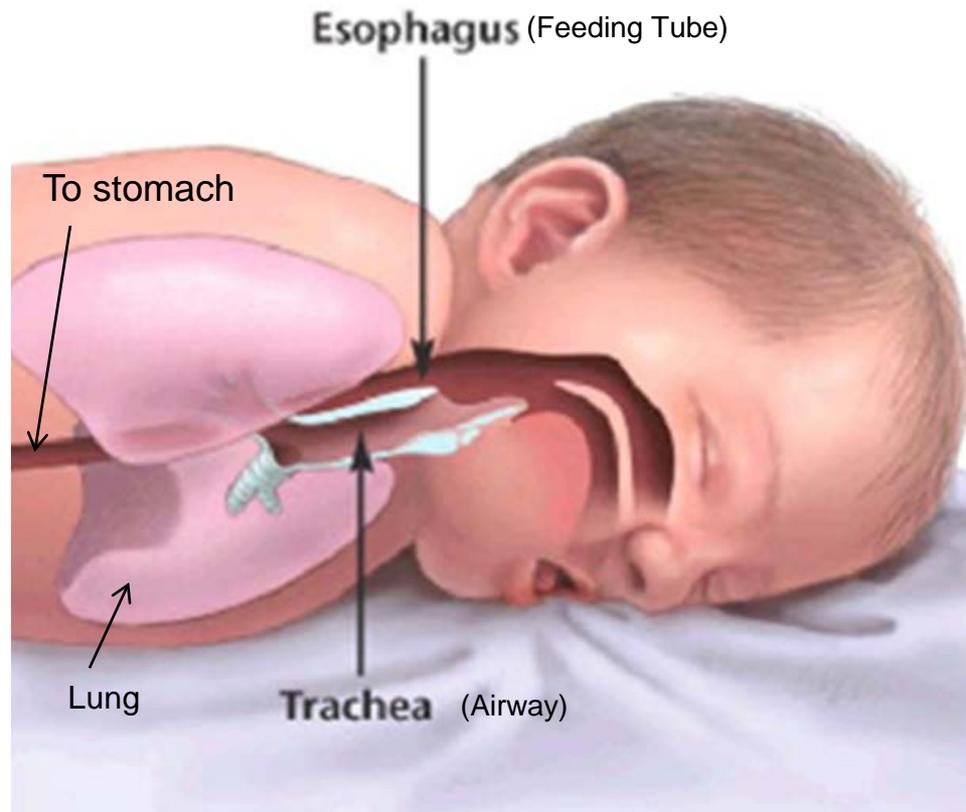
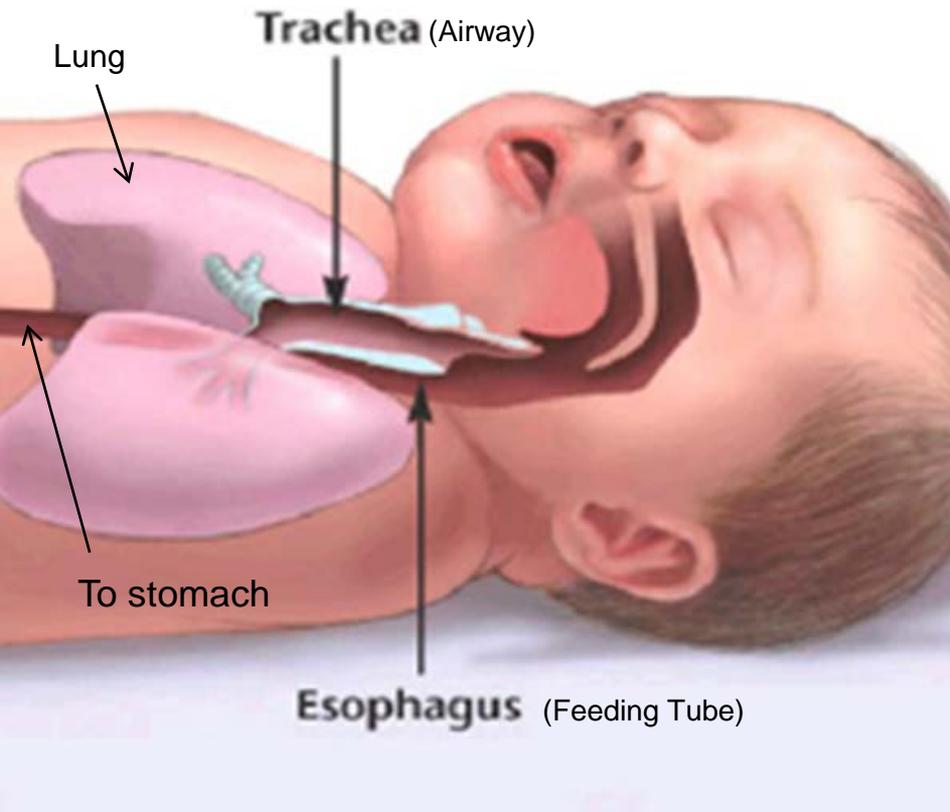
## Number 1

**ALWAYS** place your  
baby on the back  
to sleep



# Back is Best

- **The back position is the safest.**
  - Both the stomach and side positions double the risk of death.
- **Stomach positioning can cause an upper airway obstruction.**
- **Stomach positioning also increases the risk of overheating.**
- **The side position is unstable and usually leads to stomach sleeping.**
  - The position is unstable and usually leads to stomach sleeping.



**Q: Won't my baby choke sleeping on the back?**

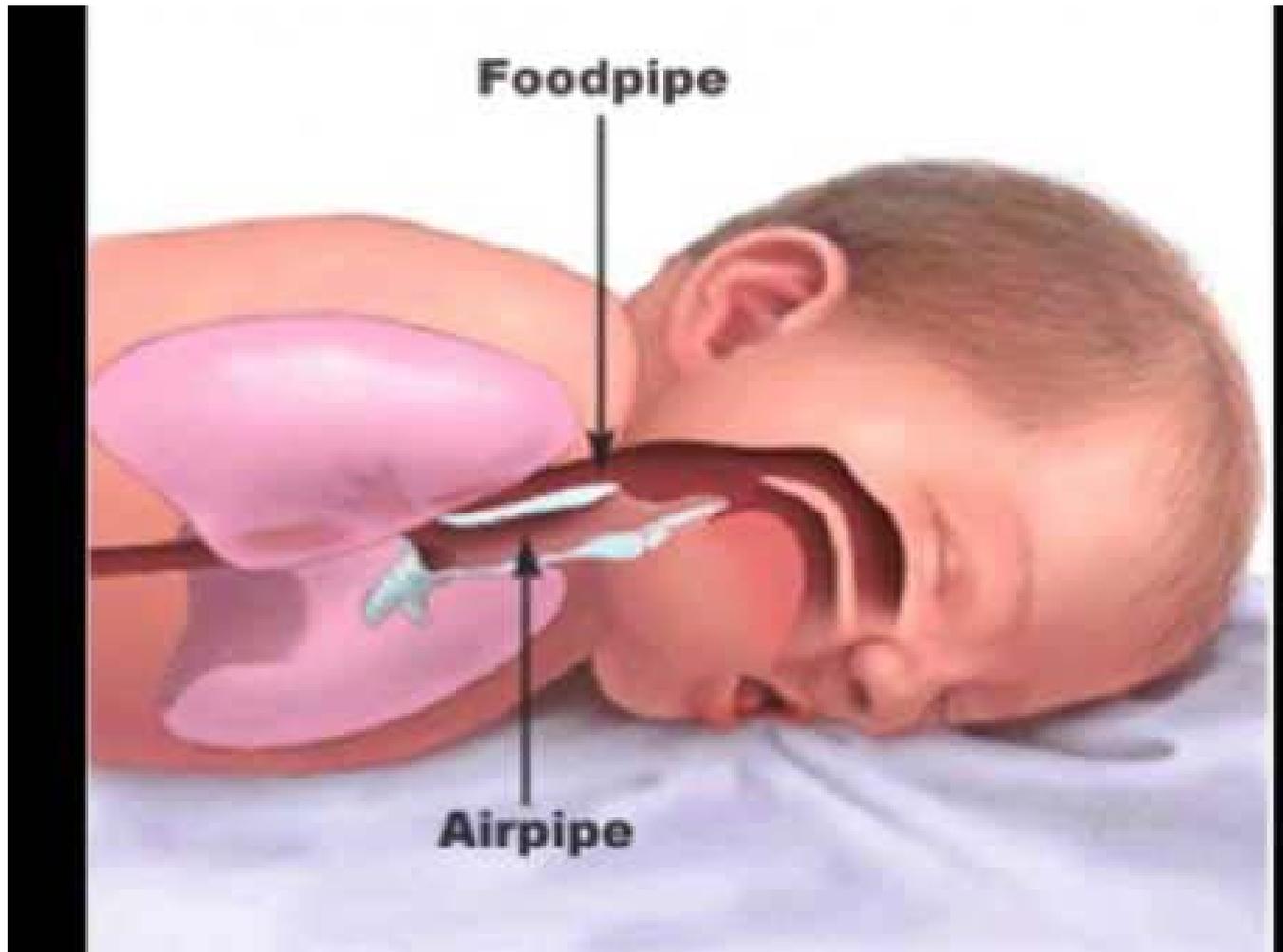
See next slide for explanation

# Sleep and Aspiration

- When the baby is placed on the back, the esophagus (which is the feeding tube) is below the trachea (which is the airway). If the baby spits up, the content will come out of the baby's mouth. The remaining content will go back down the esophagus by the force of gravity. The content is swallowed and will not get stuck in the lungs.
- On the other hand, when the baby is placed on the stomach, the trachea is below the esophagus. If the baby spits up, the content can go into the trachea and get stuck in the lungs. This is called aspiration.

[Video explanation on next slide.](#)

# Sleep and Aspiration



# Sleep and Aspiration

- There is no increase in aspiration or vomiting when babies are placed on their back to sleep.
- Remember: Coughing does not indicate choking. People cough to clear and protect their airway. It is a reflex, and healthy babies use it just like adults do!

# Rebreathing Theory

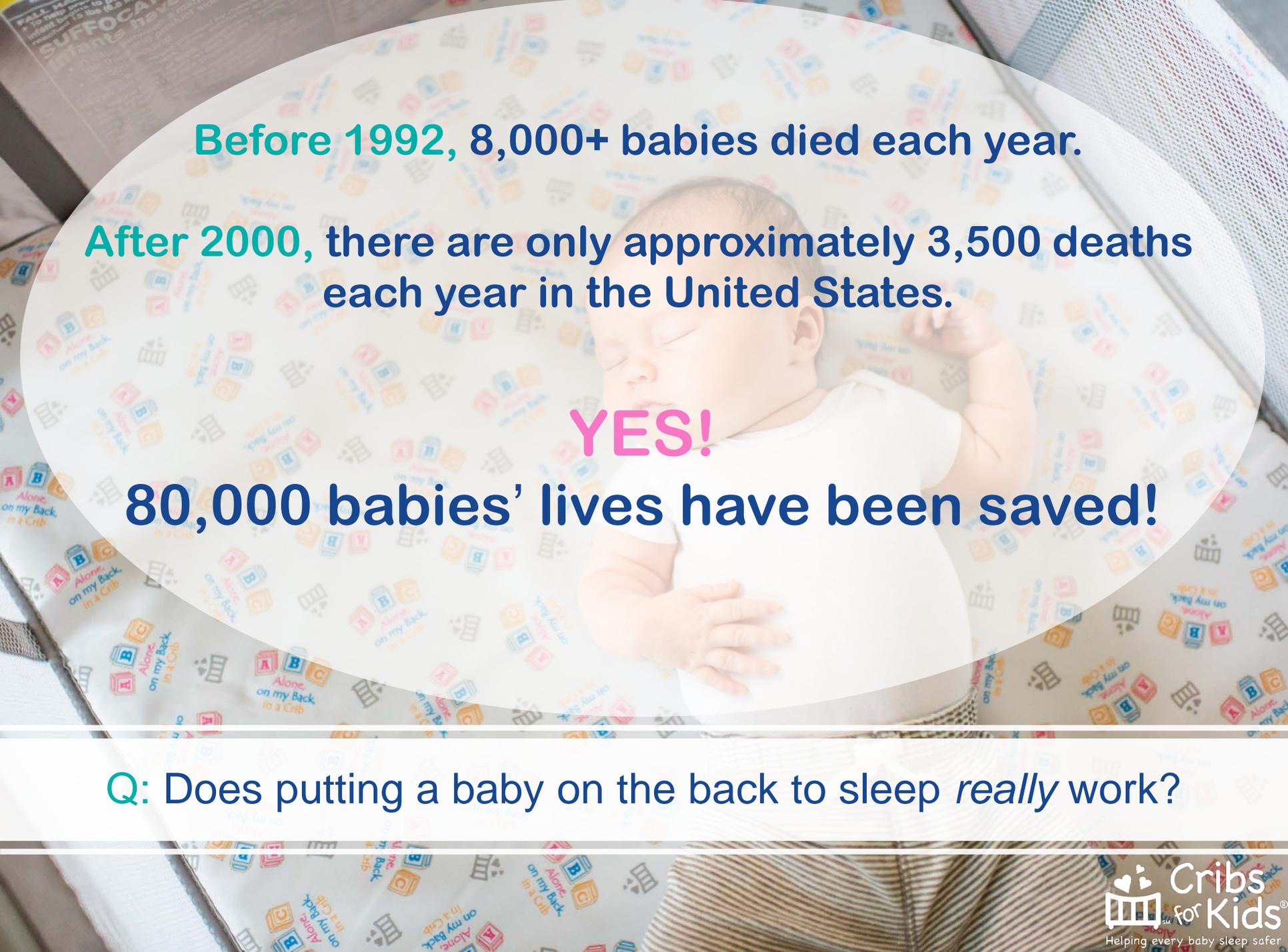
- Stomach sleeping may increase the risk of death due to **rebreathing**.
- Rebreathing is when the baby re-breathes his/her own expired breath leading to carbon dioxide build up and low oxygen levels.
  - Soft surfaces, blankets, pillows, bumper pads and other stuffed items also increase the risk of rebreathing.

# Rebreathing Theory



# When can a baby sleep on their stomach?

- Once a baby can roll over well, the parent does not have to reposition the baby if he/she turns while sleeping.
- There are 2 important things to remember:
  1. Every time you put down the baby for sleep, place the baby **on his/her back to start**.
  2. When they roll over, they need to be doing so in a **safe environment free from any unsafe items**.

A baby is sleeping peacefully on its back in a crib. The crib's sheet is white with a repeating pattern of colorful letters (A, B, C) and the phrase "Alone on my Back in a Crib". The baby is wearing a white onesie. The image is framed by a large, semi-transparent oval.

**Before 1992, 8,000+ babies died each year.**

**After 2000, there are only approximately 3,500 deaths each year in the United States.**

**YES!**

**80,000 babies' lives have been saved!**

**Q: Does putting a baby on the back to sleep *really* work?**

# Back Sleeping Saves Lives!

- Before 1992 when the American Academy of Pediatrics recommended infants be placed on their back to sleep, there were **8,000** infant sleep deaths every year.
- After the Back to Sleep Campaign, there are **3,500** infant sleep-related deaths each year... This is still far too many though!
- Because of the Back to Sleep Campaign, more than **80,000** children are alive today.
- If you put your baby to sleep on the back, you cut the risk of death in half!

# How to Protect Your Baby from Sleep-Related Death

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## Number 2

Place your baby on a firm sleep surface like a safety-approved mattress covered with a tight-fitting sheet



# Sleep Surface Matters

- Never place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- Soft bedding increases the risk of death by 5 times.
- Babies who sleep on the stomach *and* are placed on soft bedding increase their risk of death 21 times!

# How to Protect Your Baby from Sleep-Related Death

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## Number 3

Keep loose bedding, soft animals, and toys out of your baby's sleep area



# Dangerous Bedding

- Do not use pillows, quilts, loose blankets, or other soft bedding... These products can lead to suffocation.
- Do not use bumper pads.
- Do not place stuffed animals in the crib.
- Decorate your baby's room, not your baby's crib.
  - Nothing should be in your baby's sleep area but your baby!

**STRANGULATION**  
**ENTRAPMENT**  
**SUFFOCATION**



A can of soda should NOT be able to fit between the slats (< 2-3/8 inches).



The slats are too wide...



**New crib standards make the need for bumper pads unnecessary!**

**Q: How can bumper pads injure my baby?**

# No More Bumper Pads

- A bumper pad is not necessary because new crib standards require that slats are closer together. This prevents head entrapment.
  - Babies have suffocated against the soft pillows/pads of a bumper.
  - Babies have also been strangled by the bumper pad ties.
  - Lastly, a baby's head can be trapped between the crib or mattress and a firm bumper pad.
  - If worried about legs getting caught in slats, use wearable blanket.

# How to Protect Your Baby from Sleep-Related Death

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## Number 4

Do not allow smoking  
around your baby



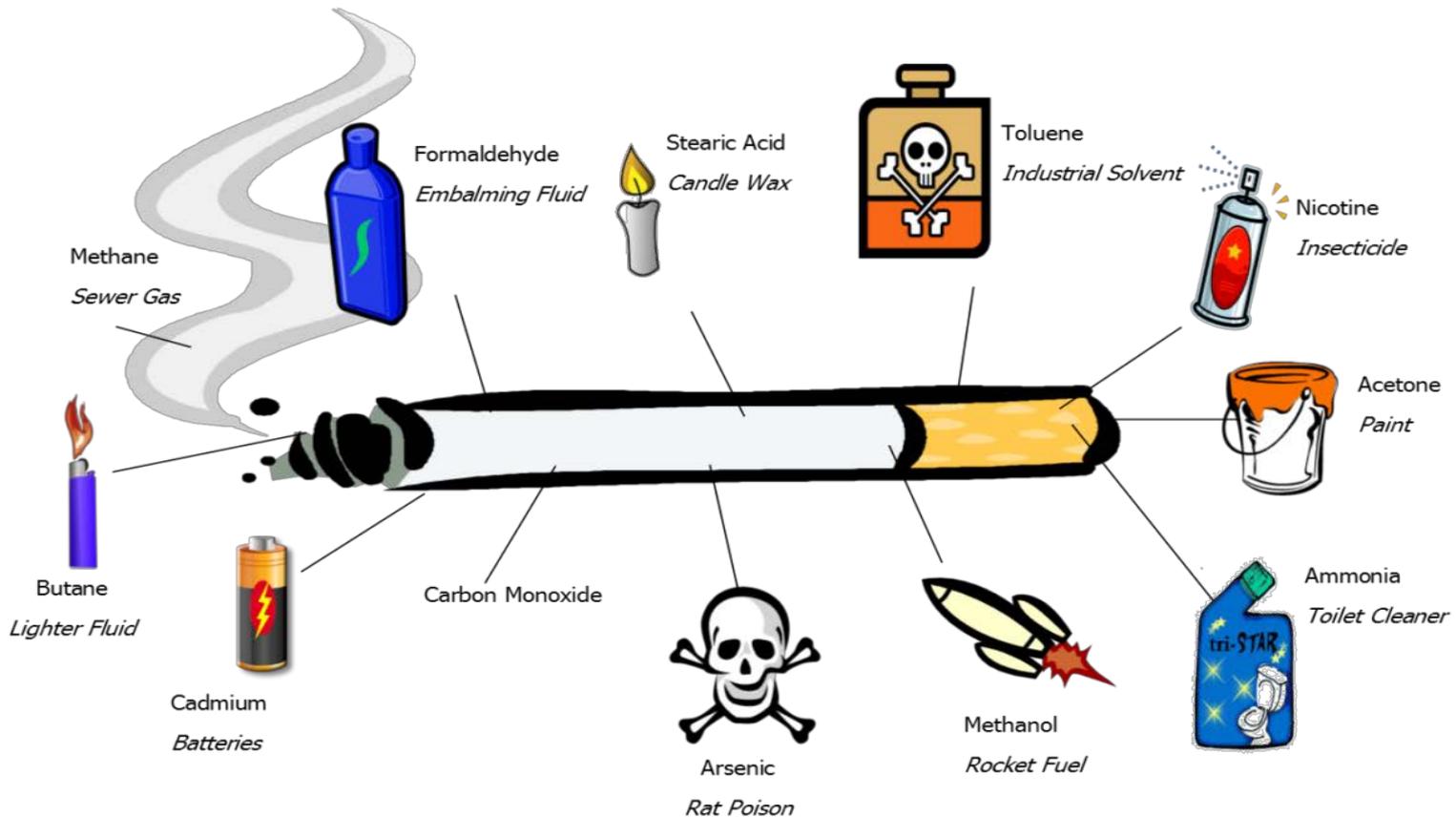
# No Smoking

- Do not smoke before or after the birth of your baby.
- Do not allow other people to smoke around your baby.
- If you must smoke, do it away from your baby and change your clothing before handling your baby again.
  - Exposure to passive smoke in the house doubles a baby's risk of SIDS.

# Types of Smoke

- Three types of cigarette smoke:
  - **First-hand smoke:** This is when smoke is inhaled directly from smoking cigarettes.
  - **Second-hand smoke:** The smoke is inhaled by someone who is not smoking cigarettes (either from the cigarette itself or blown by the smoker).
  - **Third-hand smoke:** This is when residual gas particles from smoke fall on every surface where a cigarette was lit. This includes; clothing, hair, furniture, and more.

# Q: What is in a cigarette?



# How to Protect Your Baby from Sleep-Related Death

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## Number 5

Keep your baby's sleep area close to but separate from where you and others sleep



# Room-Sharing

- Your baby should never sleep in a bed or on a couch, chair, or any other surface with any adult, other child, or pet.
  - But your baby should sleep in the same room as you.
  - Sharing the room (instead of a separate room for baby) can reduce SIDS risk by **50%**!
- If you bring your baby into bed to breastfeed, put the baby back into his/her crib, bassinet, or portable crib when you are done.
- Bedsharing greatly increases a baby's risk of sleep-related death even if you do not drink, smoke, or use drugs
- Remember: You cannot control fatigue. Room sharing is the safest alternative.



## Q: Why is bed sharing unsafe?

**NOTE: Both mother and baby were awake when this picture was taken.**

# Answer

- **Bed sharing can increase a baby's risk of sleep-related death by 10 times.**
  - Parents have accidentally rolled over on their baby resulting in suffocation.
- **Couches are especially dangerous. Your baby has a 50 times increased risk of death from sleeping on a couch.**

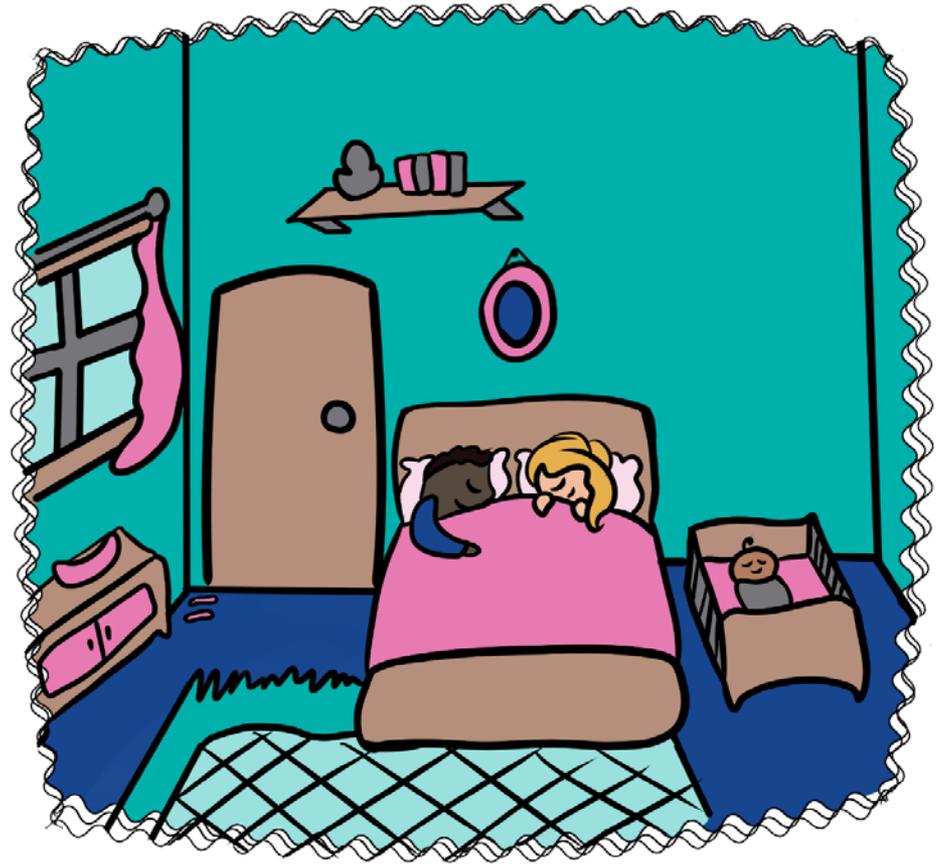


**Q: Why is it dangerous for my baby to sleep in an adult bed?**

# Dangers of an Adult Bed

- Your baby can become trapped or wedged between the wall and the bed.
  - Suffocation and death can occur.
- Pillows, loose sheets, blankets, comforters and other soft materials are dangerous.
- **FACT:** Half of the infants in the U.S. who die of sleep-related deaths were found sleeping with their parents!

Q: How  
can I set  
up my  
bedroom  
for safety?



# How to Set Up Your Room

- **Keep the crib away from windows.**
- **Place the crib against an interior wall of your home.**
- **Place your bed between the crib and the exterior wall or the wall that is exposed to the outside of the house or apartment building.**

# How to Protect Your Baby from Sleep-Related Death

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## Number 6

Think about giving your baby a clean and dry pacifier at sleep time



# Pacifiers

- **Pacifiers have been shown to be protective against SIDS.**
  - Researchers do not know how it works, but many studies have found the same result.
- **Offer a pacifier to your baby, but do not force him/her to take it.**
- **If you are breastfeeding, wait 3 to 4 weeks (or until breastfeeding has been established) before offering a pacifier.**
- **Do not coat the pacifier with sweet liquid as doing so can lead to cavities when the baby's teeth come in.**

# How to Protect Your Baby from Sleep-Related Death

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## Number 7

Do not let your baby overheat during sleep



# Overheating

- Dress your baby in lightweight sleep clothing such as a Sleep Sack or other wearable blanket.
- The American Academy of Pediatrics no longer recommend tucking in babies with blankets. Loose blankets can cover the face and cause suffocation.
- Instead, use additional layers of clothing if the baby is cold.
- You can use a blanket to swaddle your baby, but make sure it is lightweight and it is away from the infant's head. The blanket should not be higher than the baby's shoulders.
- Keep the room at a temperature that is comfortable for an adult. Do not overbundle your baby with too many layers of clothes.
  - Studies show that an overheated baby is at increased risk of death.
- Remember: Never allow a loose blanket in the sleep area!

# How to Protect Your Baby from Sleep-Related Death

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## Number 8

Avoid products that are not consistent with safe sleep practices!



# Unsafe Products

- Items such as co-sleepers, in bed sleepers have not been tested for safety and effectiveness and are not recommended as part of a safe sleeping environment.
- Items labeled as “sleepers,” “nappers,” or “positioners” should not be used for sleep.



Q: Why are pillows and positioners dangerous?

# Answer

- **Soft bedding increases the risk of suffocation and re-breathing.**
- **Pillows, quilts, comforters, and other soft surfaces are dangerous when placed under your baby or loose in your baby's sleep area.**
- **Positioners have not been shown to be effective against SIDS, suffocation, or reflux.**
  - **Babies have died from suffocation or entrapment with positioners or wedges.**
- **It is safest for your baby to sleep on a firm surface.**



**Q:** Are car seats, swings and other sitting devices safe for sleep?

# Car Seats, Swings and Other Sitting Devices

- Car seats, swings, and other sitting devices should not be used for routine sleep.
- Babies can and have suffocated in these types of devices due to **positional asphyxiation**.
- If a baby falls asleep in a sitting device, they should be removed and placed in a safe sleeping environment as soon as possible.
- A baby can sleep in a car seat only while inside a moving vehicle. Once you remove the car seat from the car, the sleeping child should be relocated to a safe sleeping environment.

# How to Protect Your Baby from Sleep-Related Death

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## Number 9

**Do not rely on home monitors to reduce the risk of SIDS or other sleep-related infant deaths**



# Home Monitors

- Home monitors do not reduce the risk of SIDS.
- A home monitor can be useful in alerting you of your baby's needs (for example, if your infant is crying).

# How to Protect Your Baby from Sleep-Related Death

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## Number 10

**Provide supervised Tummy Time**



# Tummy Time

- Give your baby supervised Tummy Time every day when he/she is awake.
  - Tummy Time does not have to be on the floor. Holding and playing with your baby counts, too.
- Tummy time strengthens neck and shoulder muscles that are used to acquire many infant motor milestones.

Remember: Tummy to play  
and back to sleep!

# The Magic of **TUMMY TIME!!**

## Before You Start:

- Baby awake and alert
- Use a firm surface
- Baby should be supervised at all times

## BACK

- Posture strength
- Back strength
- Skeletal alignment

## LEGS

- Helps develop muscles for crawling

## HIPS

- Stretches/develops hips muscles

## TUMMY

- Helps with tummy issues (gas, constipation)

## HANDS

- Formation of hand arches for fine motor skills

## NECK

- Strengthens neck muscles
- Improves head control

## BRAIN

- Sensory integration
- Cognitive development
- Environmental awareness

## HEAD

- Prevents flat head syndrome (plagiocephaly)

## EYES

- Visual motor development
- Depth perception

## ARMS

- Strengthens arms for reaching and crawling

## Include in Daily Activities:

- Towel drying after bath
- After diaper changes
- Burping over parent's lap
- On parent's chest
- Lotion/Massage
- Playing "airplane"
- Mirror play

# We Know Better So We Do Better!

- Every day, new knowledge is gained. We often learn that truths from the past were not correct.
  - For example, in the past, an infant did not have to ride in a car seat. Today, we know car seats protect children from serious injury. Now it is a finable offense if an infant does not ride in a car seat.
- The same is true for infant sleep... Extensive research has proven that a baby is safest when placed on the back to sleep. **ALWAYS** use the back to sleep until age 1 year.

# Program Procedure Overview

If the need for a safe sleep environment is identified, educate the family on infant safe sleep guidelines.

It is especially important for the family to know that they are not in trouble if they do not have a safe place for the baby to sleep.

Remember that educational opportunities to share the infant safe sleep message is not limited to just homes, but may present themselves during traffic stops or participating in community events.

Take processing instructions for your department to retrieve the portable crib at your station and deliver it to the family in need.

Once again, please obtain instruction from your supervisor for the delivery and distribution of the cribs. Some departments are not able to deliver directly to the homes.

# Please Always Remember!

If you come across an infant who is under the age of 1 year who sleeps:

- on a sofa
- on an adult bed
- on the floor with a pet in the house
- with a family member
- AND does not have a safe alternative (bassinet, full-size crib, or portable crib)

Inform the family about infant safe sleep and that they can receive a portable crib!

