

Phoenix Children's Care Network

Specialty Education Lecture Series

October 2022

Safe Sleep For Infants



Phoenix Children's[®]
Care Network



Phoenix Children's[®]



Safe Sleep For Infants

ILCE ALEXANDER

SENIOR INJURY PREVENTION
SPECIALIST



Phoenix Children's®



The Role of an Injury Prevention Specialist

Develop Safety Policies & educational material

Collect, review Data & stay up to date with guidelines

Understand stressors that contribute to injury

Collaborate & Develop Community Partnerships

Provide Education reduce child injuries

Develop and assist with resources for families



Objectives:

1

Examine AAP 2022 Safe Sleep guidelines for infants who are medically appropriate for safe sleep.

2

Discuss unsafe sleep factors that contribute to an increase in infant deaths.

3

Provide tips, recommendations, and resources to increase SUID awareness.

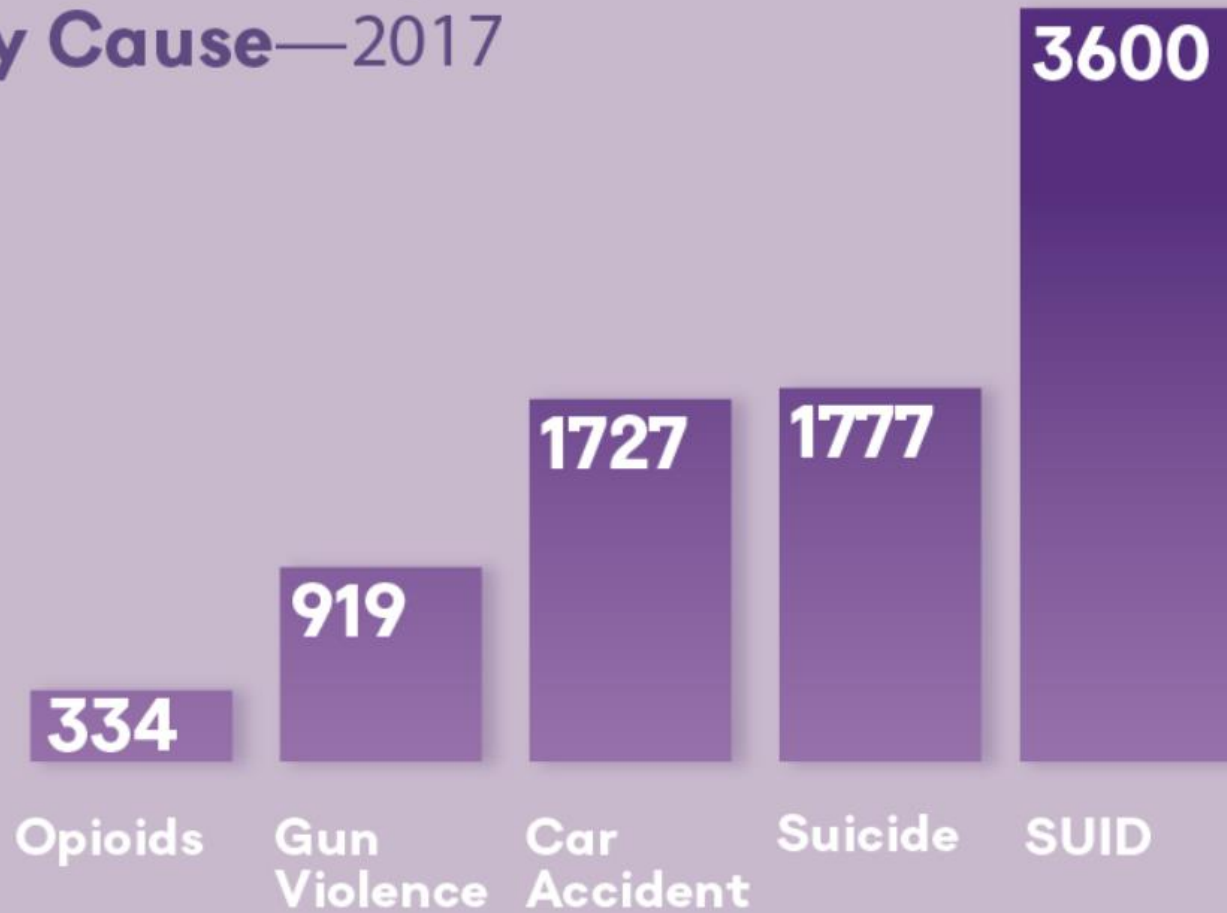
Sudden Unexpected Infant Death (SUID)

- Around 3,500 infants die every year in the United States.
- According to CDC SUID remains the leading cause of death among U.S. infants between birth to 1 year of age.
- Peak incidence between 2 – 4 months of age



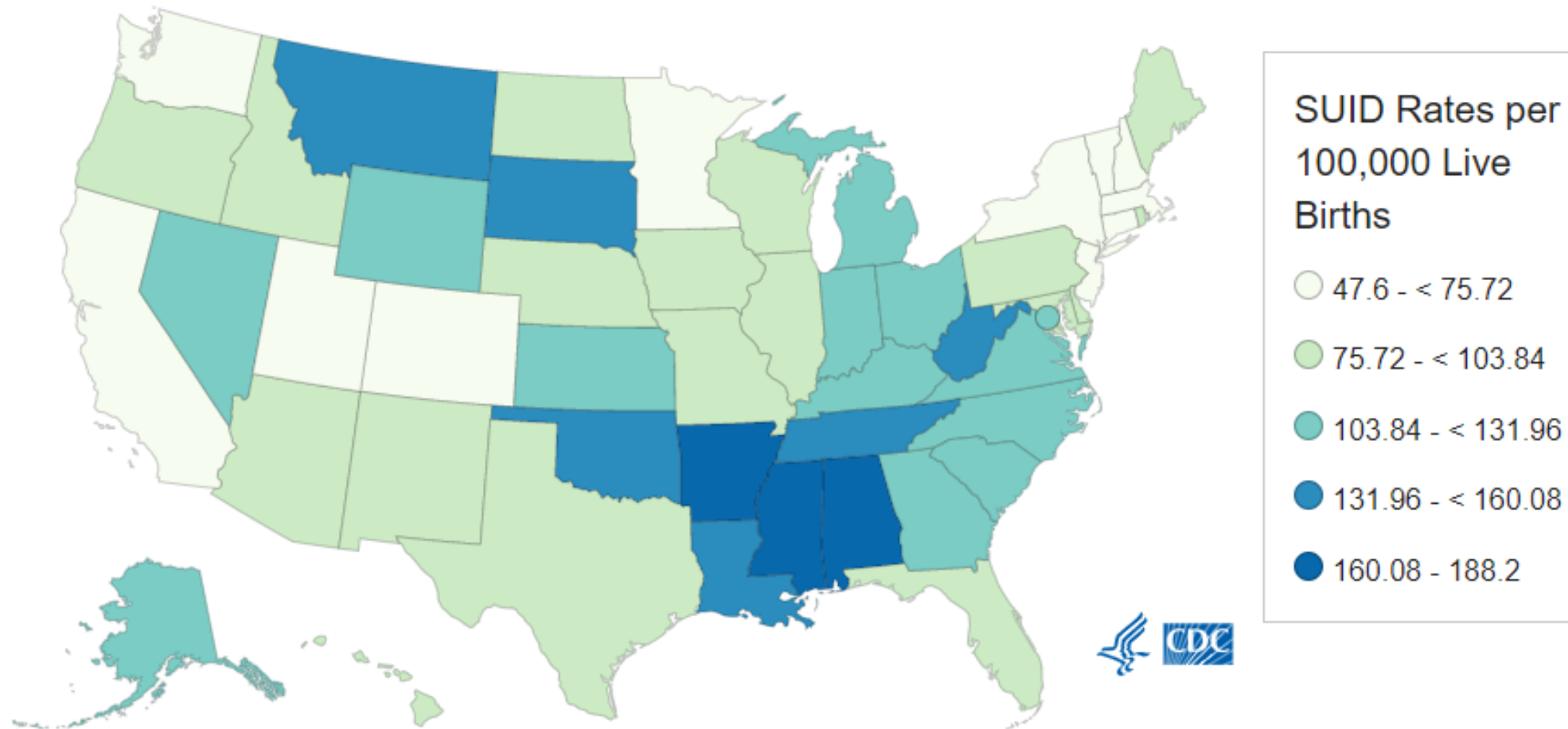
SOURCE: Centers for Disease Control and Prevention <https://www.cdc.gov/sids/data.htm>

U.S. Under Age 18 Deaths by Cause—2017



SOURCE: Charlies Kids via <https://charlieskids.org/the-problem/>

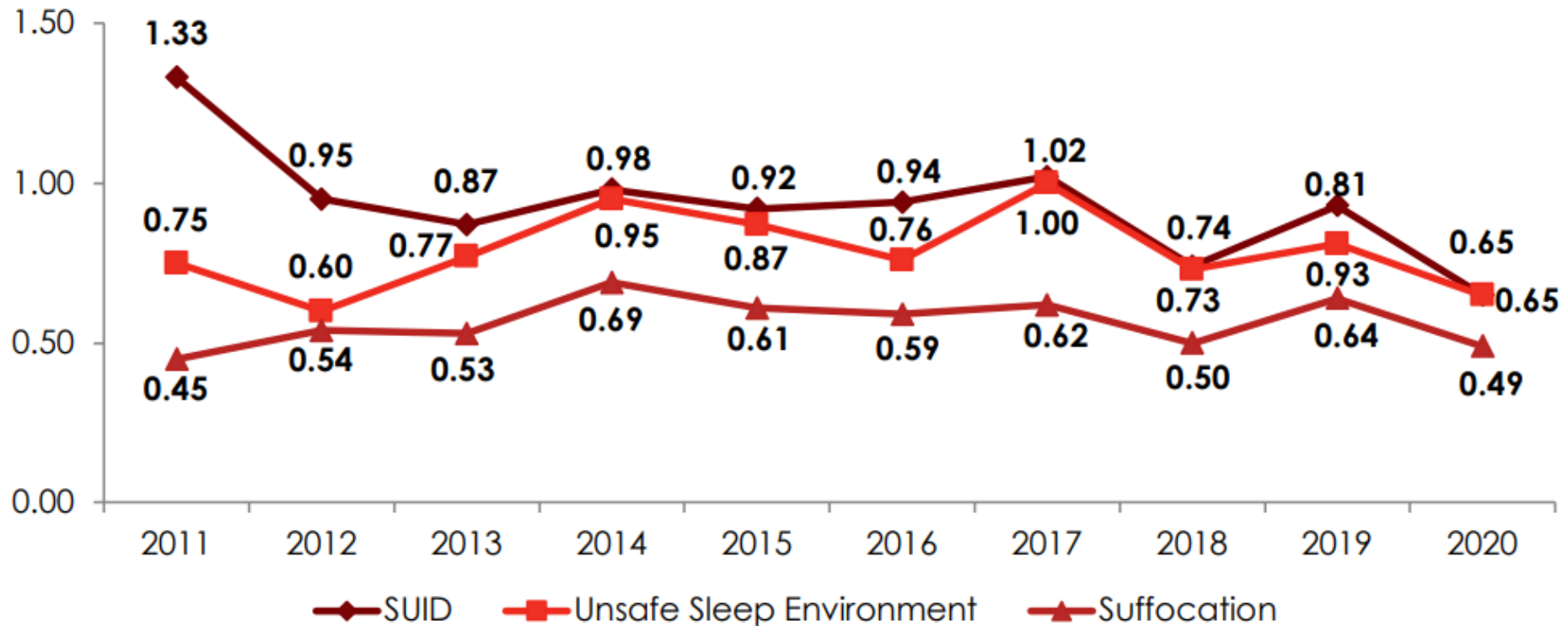
SUID Rates by State, 2016–2020



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality Files. Rates calculated via [CDC WONDER](#).

Overall, Arizona's SUID rate decreased 20% from 0.81 deaths per 1,000 live births in 2019 to 0.65 deaths per 1,000 live births in 2020 (Figure 61). Additionally, Arizona's unsafe sleep environment rate and suffocation rate have decreased from 2011 to 2020 (Figure 61).

Figure 61. Mortality Rate per 1,000 Live Births due to Sudden Unexpected Infant Death, Unsafe Sleep Environments, and Suffocation, Less than 1 Year of Age, Arizona, 2011-2020²²⁻²³



SOURCE: Arizona Child Fatality Review Program | Twenty-Eighth Annual Report

<https://www.azdhs.gov/documents/director/agency-reports/child-fatality-review-report.pdf>

There were **53** Sudden Unexpected Infant Deaths



100%
of SUID occurred
in an unsafe
sleep
environment

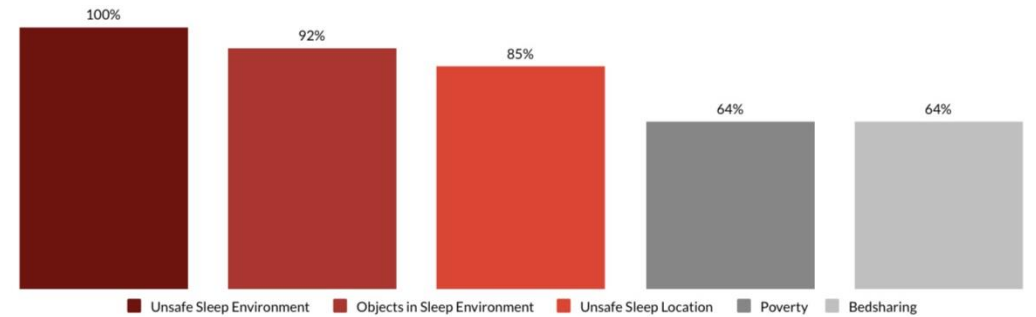
100%
of SUID were
preventable



66%
of SUID
were boys



Risk Factors for SUID*



SOURCE: Arizona Child Fatality Review Program | Twenty-Eighth Annual Report

<https://www.azdhs.gov/documents/director/agency-reports/child-fatality-review-report.pdf>

Changes



Safe Sleep for Babies Act of 2021

May 3, 2022, the bill was passed in the Senate.

President Biden signed the bill into law May 16, 2022.

Unlawful to manufacture, sell, or distribute crib bumpers or inclined sleepers for infants.

INCLINED SLEEPER

Inclined sleeper that has a sleeping surface greater than 10 degrees.

CRIB BUMPERS

Padded crib bumpers, supported and unsupported vinyl bumper guard, and vertical crib slat covers.

It does not include a non-padded mesh crib liner.



Consumer Product Safety Commission (CPSC) Approved a Federal Safety Standard for Infant Sleep Products

- Beginning in June-2022
- Any product intended or marketed for infant sleep must meet CPSC mandatory standards for infant sleep.
- The new mandatory standard will eliminate potentially hazardous sleep products from being sold.

SOURCE: [CPSC Approves Major New Federal Safety Standard for Infant Sleep Products | CPSC.gov](#)



CPSC Federal Safety Standard for Crib Mattresses

By fall of 2022, crib mattresses and after-market mattresses used in play yards and portable cribs, will be required to meet the new federal safety standard.

The mandatory standard will require:

- Improved marking, labeling and instructions to communicate risks of injuries to consumers.
- To address several hazards, such as lacerations from coil springs and excessively soft mattresses.
- Mattress sold for use in a play yard will need to meet the same requirements as the original mattress.

SOURCE: [CPSC Approves Major New Federal Safety Standard for Infant Sleep Products | CPSC.gov](#)

AAP Updates



What should safe sleep look like for children under 12 months?

Your baby should sleep on a:

- **firm mattress**
- on their **back**
- with **head flat** (no pillows).



Remove all toys, loose blankets, plush fitted sheets, care items, diapers, etc. from the crib, play yard or bassinet.

Infants should **NEVER** nap or sleep in or on a car seat, rocker, soother, pillow, bouncy seat, swing, sofa/couch.

No smoking, vaping, drinking alcohol, and using drugs during pregnancy or after the infant is born.

Updated Safe Sleep Guidelines



Weighted sleepwear products for babies not recommended.



Sleep surfaces with inclines of >10 degrees are unsafe for infant sleep. All products sold must meet safe sleep standards.



When an infant exhibits signs of attempting to roll, swaddling should no longer be used.

Sharing your room for the first 6 months allows you to:

1. Put your baby in their crib, portable crib, or bassinet as soon baby is finished with feeding.
2. Respond to your baby's needs when they are close by.
3. Get some much-needed rest.



SOURCE: American Academy of Pediatrics <https://www.aap.org/en/patient-care/safe-sleep/>



Bed sharing becomes more dangerous when...

- A person smokes, uses drugs, drinks alcohol or uses medication.
- There are pillows and blankets in the bed.
- The baby is younger than 11 weeks to 14 weeks of age.
- The bed is shared with an adult, child or pet(s).



SOURCE: American Academy of Pediatrics <https://www.aap.org/en/patient-care/safe-sleep/>

Contributing factors to unsafe sleep



Importance of understanding barriers

Safe sleep is different in every household. It is important to understand the barriers that families experience in order to further provide support to encourage best practice.

Inconsistent messaging may be due to:

- Cultural differences
- Family members giving incorrect advice
- Media sharing wrong messaging
- Financial hardship
- Convenience
- Not aware of safe sleep





Report Highlights

Total Deaths

838

Preventable Deaths

396

(47% of all deaths)

Infant Deaths (<1 Year)

399

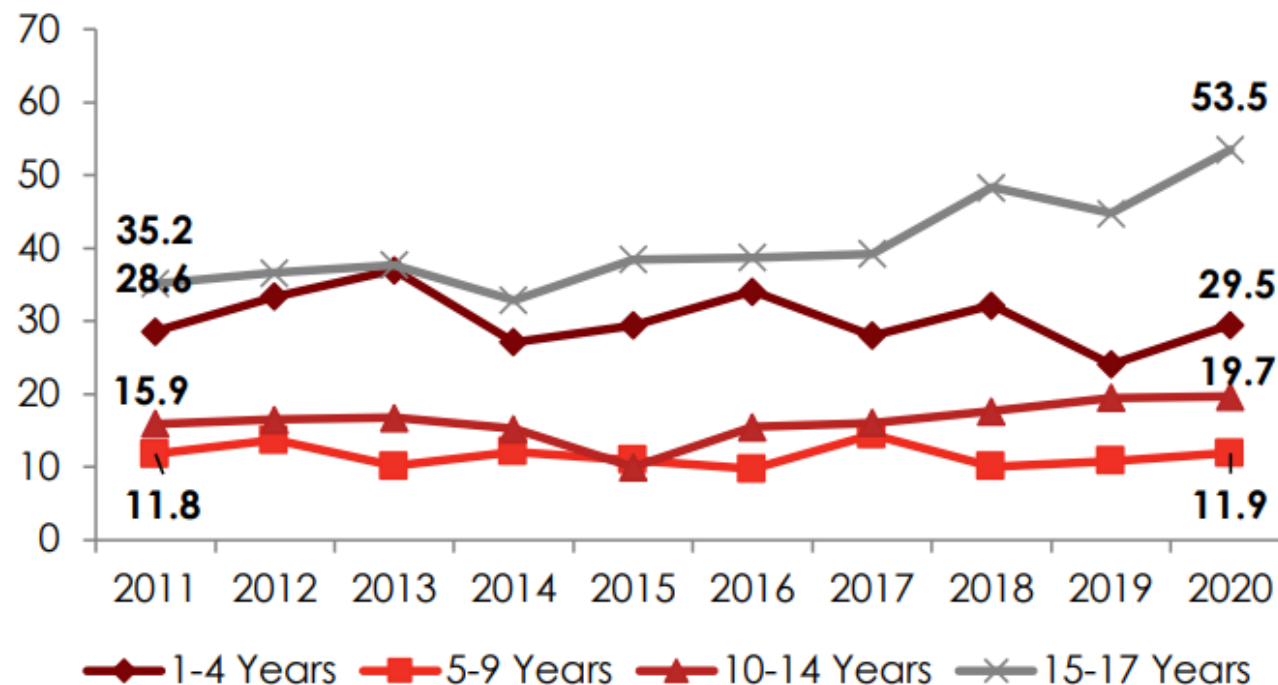
(48% of all deaths)

Mortality Rate

28.1 per 100,000

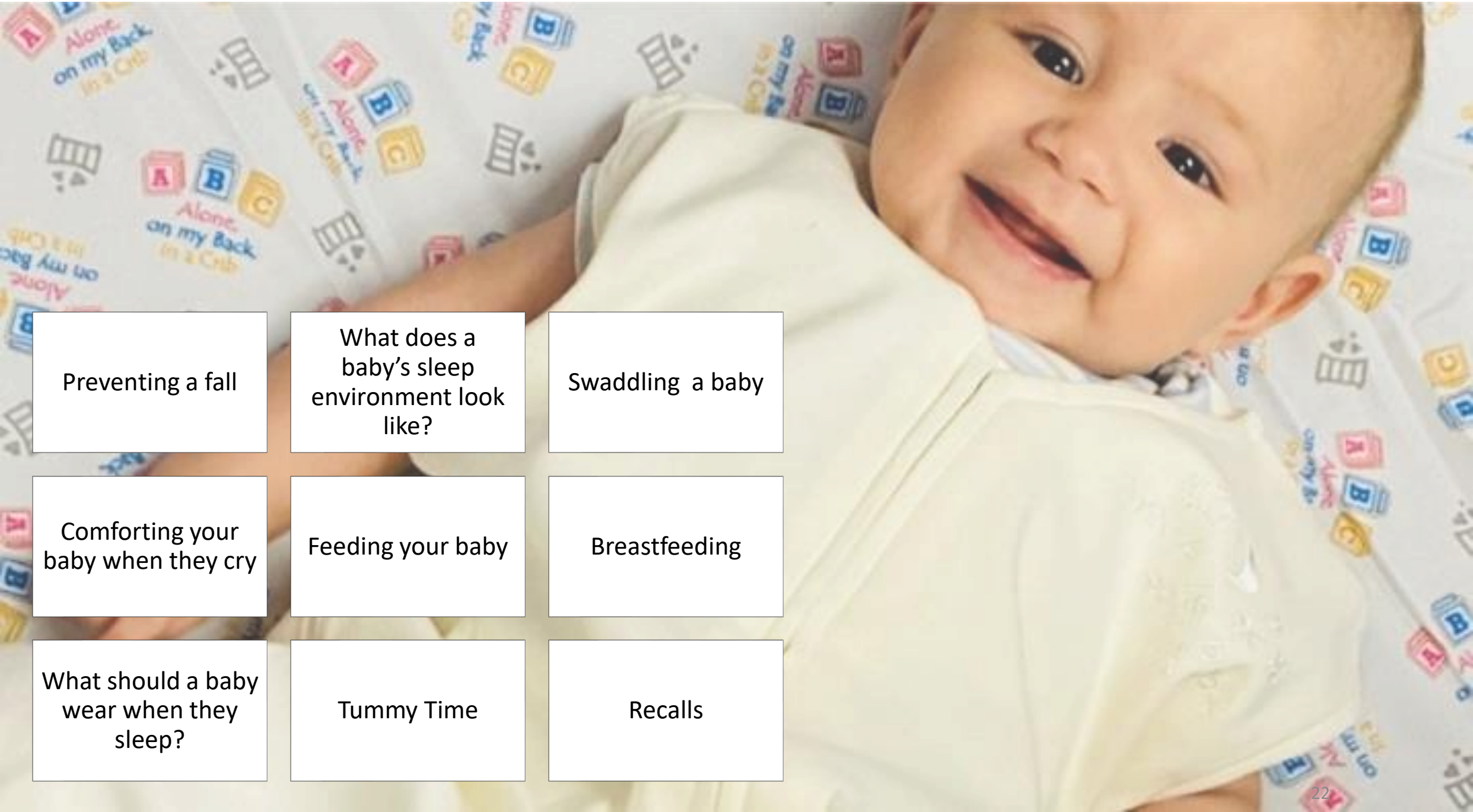
(1-17 Years of Age)

Mortality Rates per 100,000 Children by Age Group, Ages 1-17 Years, Arizona, 2011-2020



SOURCE: Arizona Child Fatality Review Program | Twenty-Eighth Annual Report

<https://www.azdhs.gov/documents/director/agency-reports/child-fatality-review-report.pdf>



Preventing a fall

What does a baby's sleep environment look like?

Swaddling a baby

Comforting your baby when they cry

Feeding your baby

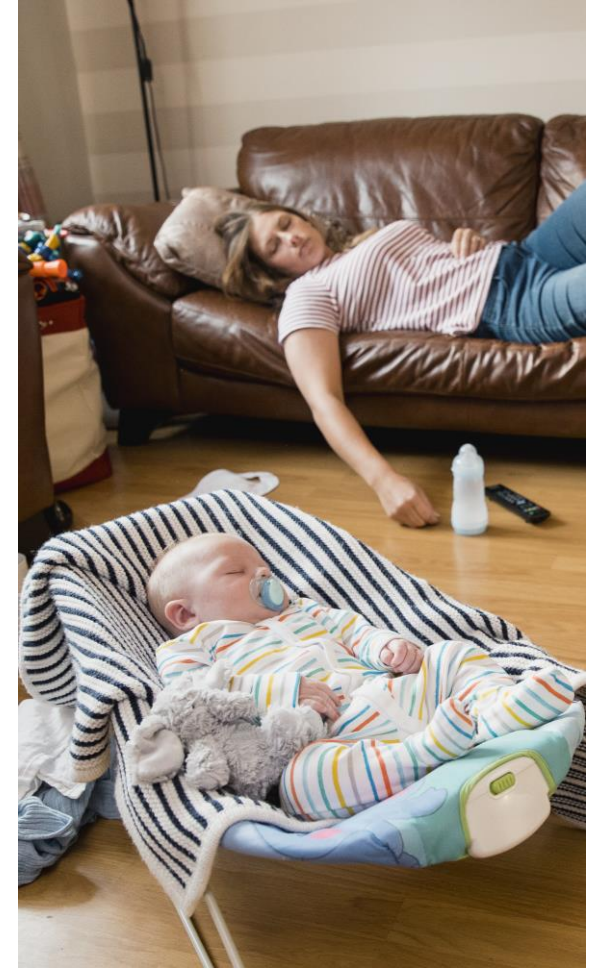
Breastfeeding

What should a baby wear when they sleep?

Tummy Time

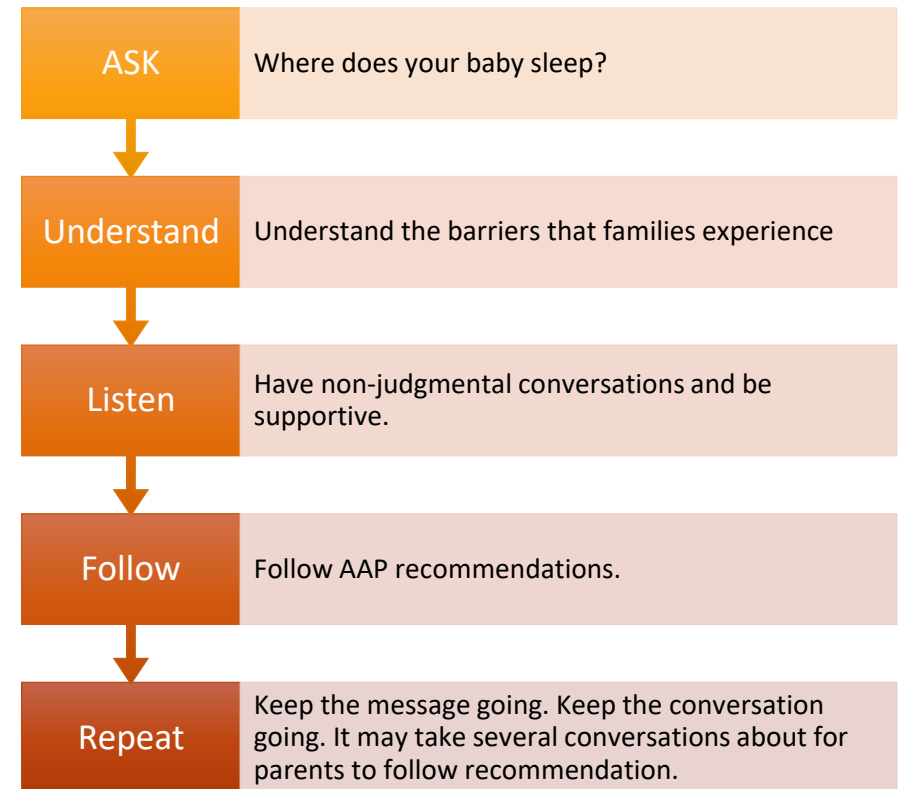
Recalls

Preventing a fall



When you start small conversations...

you can provide families with support, answer questions and help families understand the importance of following best practice.



Resources





Public Education Campaign Led By
NIH Eunice Kennedy Shriver National Institute
 of Child Health and Human Development
 In collaboration with other organizations

español

Sign up for e-updates

Search

Search

Home Safe Infant Sleep Basics **Printable & Shareable Resources** Research Activities and Initiatives Contact Us

Home > Printable & Shareable Resources

Printable & Shareable Resources

SIDS Awareness Month Toolkit

Caregivers & Families

Healthcare & Service Providers

- Healthy Native Babies Project Toolkits and Guides

- Downloadable Media

SIDS Awareness Month Toolkit

Caregivers & Families

Healthcare & Service Providers

Other Materials

Safe to Sleep® Shareable Content

Providers

Share

Print

Healthcare & Service Providers

Questions for Health Care Providers: SIDS and Other Sleep-Related Causes of Infant Death

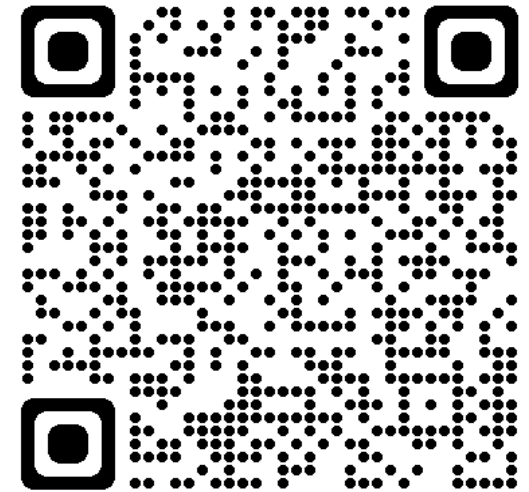
This 32-page booklet for health care providers provides answers to common questions about SIDS and other sleep-related causes of infant death and includes references to scientific articles that describe the evidence on which the answers are based.



PDF for Q/As for Health Care Providers: SIDS and Other Sleep-Related Causes of Infant Death (PDF 1.6 MB)

Order Q/As for Health Care Providers: SIDS and Other Sleep-Related Causes of Infant Death

Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death: A Continuing Education (CE)



SOURCE: National Institute of Health (NIH) [Healthcare & Service Providers | Safe to Sleep® \(nih.gov\)](#)

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?

The following image shows a safe sleep environment for baby.



Room share: Give babies their own sleep space in your room, separate from your bed.

Use a firm, flat, and level sleep surface, covered only by a fitted sheet*.

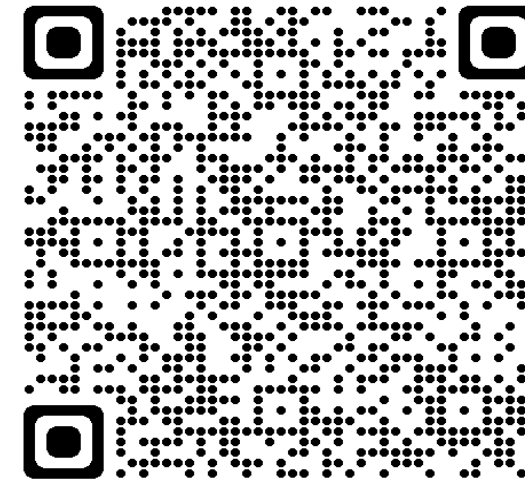
Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.

Use a wearable blanket to keep baby warm without blankets in the sleep area. Make sure baby's head and face stay uncovered during sleep.

Place babies on their backs to sleep, for naps and at night.

Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.

Keep baby's surroundings smoke/vape free.



SOURCE: National Institute of Health (NIH)
[What Does A Safe Sleep Environment Look Like?](https://www.nih.gov/what-does-a-safe-sleep-environment-look-like)
([nih.gov](https://www.nih.gov))

Other topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

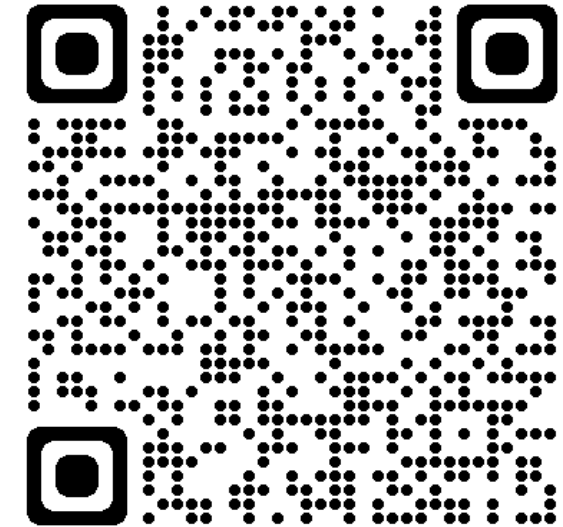
Infant and Newborn Care - Multiple Languages



Arabic (العربية)	Japanese (日本語)	Somali (Af-Soomaali)
Chinese, Simplified (Mandarin dialect) (简体中文)	Korean (한국어)	Spanish (español)
Chinese, Traditional (Cantonese dialect) (繁體中文)	Nepali (नेपाली)	Ukrainian (українська)
French (français)	Russian (Русский)	Vietnamese (Tiếng Việt)
Hindi (हिन्दी)		

Arabic (العربية)

- [Caring for Your Baby - \(Arabic\) العربية Bilingual PDF](#)
Health Information Translations
- [How to Bathe Your Newborn Baby - \(Arabic\) العربية Bilingual PDF](#)
Health Information Translations



SOURCE: National Library of Medicine (NLM) [Infant and Newborn Care - Multiple Languages: MedlinePlus](#)



Essential Tummy Time Moves

To Develop Your Baby's Core

The American Academy of Pediatrics recommends placing babies on their backs to sleep and their tummies to play as part of a daily routine. Just a few minutes a day, a few times a day, can help your baby get used to Tummy Time and help prevent early motor delays. If you begin early (even from just a few days old) and maintain a consistent schedule, your baby will learn to love Tummy Time. This helps develop the muscles in their back, neck, and trunk on their way to meeting developmental milestones.

Here are the top five moves you can begin as soon as your baby is born:



Tummy to Tummy

Lie down on the floor or a bed, flat or propped up on pillows. Place your baby on your chest or tummy so that you're face-to-face. Always hold firmly for safety.



Eye-Level Smile

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



Lap Soothe

Place your baby face-down across your lap to burp or soothe him. A hand on your baby's bottom will help him feel steady and calm.



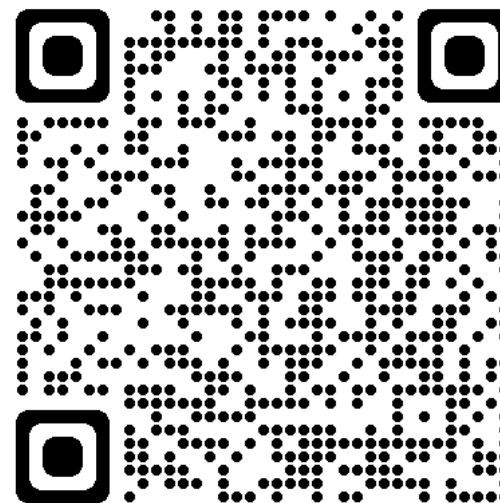
Tummy-Down Carry

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle your baby close to your body.



Tummy Minute

Place your baby on her tummy for one or two minutes every time you change her. Start a few minutes at a time and try to work up to an hour a day in short intervals by the end of three months. Don't get discouraged. Every bit of Tummy Time makes a difference!



SOURCE: Pathways:
[essentialtummytimemoves_english.pdf \(pathways.org\)](https://www.pathways.org/essentialtummytimemoves_english.pdf)




The U.S. Consumer Product Safety Commission (CPSC)

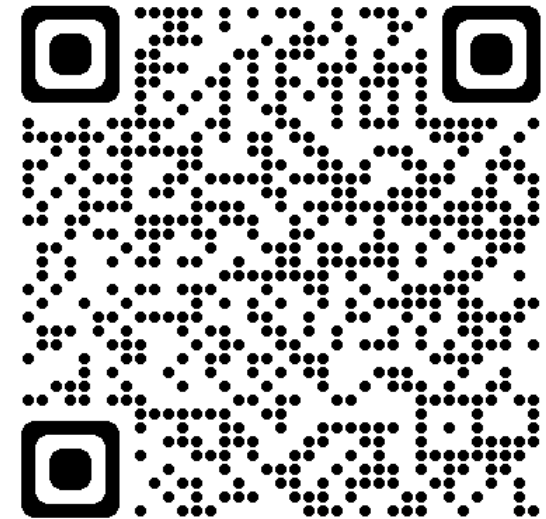
Baby products shown are an example of items recalled by the manufacturers. To learn more, you can subscribe to email alerts when a manufacturer reports a new recall.

Recalls

Never Miss a Recall

Choose Your Recall Emails

<p>January 29, 2020</p>  <p>Graco Recalls Little Lounger Rocking Seats to Prevent Risk of Suffocation</p>	<p>January 29, 2020</p>  <p>Summer Infant Recalls SwaddleMe By Your Bed Inclined Sleepers to Prevent Risk of Suffocation</p>	<p>January 29, 2020</p>  <p>Delta Enterprise Corp. Recalls Incline Sleeper with Adjustable Feeding Position for Newborns to Prevent Risk of Suffocation</p>
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Source: The U.S. Consumer Product Safety Commission (CPSC) [https://www. Safety Education | CPSC.govcpsc.gov/](https://www.SafetyEducation|CPSC.govcpsc.gov/)



DECEMBER 27, 2012



Four Retailers Agree to Stop Sale and Voluntarily Recall Nap Nanny Recliners Due to Five Infant Deaths

Amazon, Buy, Buy, Baby, Diapers.com, Toys R Us/Babies R Us offer refunds or store credit for baby recliners they sold.

Consumer Contact:

Website:

http://www.amazon.com/gp/help/customer/display.html?ref=help_search_1-1?ie=UTF8&nodeId=565166&qid=135658404&sr=1-1

Phone: (135) 655-8404

AUGUST 31, 2017



Hallmark Recalls Plush Baby Stacking Toys Due to Choking Hazard

The toys have fabric hats and bows that can detach, posing a choking hazard.

Remedy:

Consumers should immediately stop using the recalled toys and take them away from children. Contact Hallmark to receive a prepaid shipping label for returning the recalled toy and for a \$40 Hallmark Gold Crown gift card.

Units:

About 5,800 (in addition, about 200 were sold in Canada)

Consumer Contact:

Website:

<http://www.hallmark.cc>

Phone: (800) 425-5627

MAY 10, 2018



Tobi Recalls BabyNest Crib Bumpers Due to Strangulation Hazard; Sold Exclusively Online at babybay.us (Recall Alert)

The strings on the crib bumper exceed a safe length, posing a strangulation hazard to babies.

Remedy:

Consumers should immediately stop using the recalled crib bumpers and contact Babybay for a full refund. Babybay is contacting all known purchasers directly.

Units:

About 200

Consumer Contact:

Website:

<http://www.babybay.us>

E-mail:

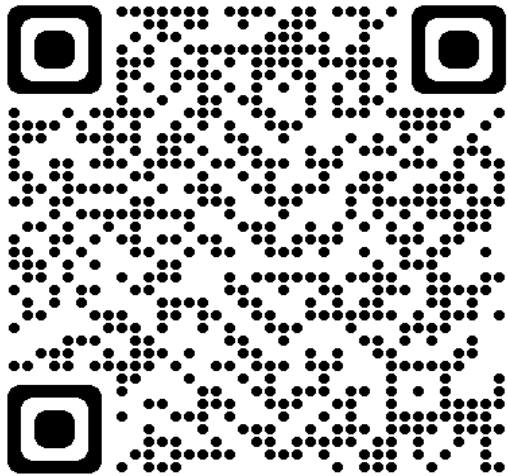
info@babybay.us

Phone: (844) 692-2292



Charlie's Story

Turning a tragic loss into a
catalyst for change.



Source: Charlie's Kids
[Homepage - Charlie's Kids \(charlieskids.org\)](http://charlieskids.org)





Phoenix Children's®

Keep Your Baby Safe Program

Program qualifications:

- Does not currently own a crib or playard.
- Must be in third trimester of pregnancy (28-40 weeks).
- Baby must be less than 6 months of age and weigh under 20 pounds.
- Must participate in a 2-hour Safe Sleep and Home Safety training.



THANK YOU





Contact information

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