

Introduction for Trainers

The purpose of this manual is to provide trainers with the tools to teach others how to reduce risks for Sudden Infant Death Syndrome (SIDS) and create safe sleep environments for infants.

The death of a child is one of the most painful, stressful and enduring losses a person can experience. Fortunately, many improvements in medical care and technology have reduced death rates among infants nationwide. However, SIDS and deaths due to an unsafe sleeping environment continue to be the number one cause of death in infants 1 month to 1 year of age. This standardized “safe sleep” manual was developed for use by professionals, educators, and community members, and it offers the most up-to-date information on how parents and caregivers can reduce the risk of SIDS and provide infants with the safest possible sleep environment.

The manual was developed and duplicated in partnership with the South Carolina Chapter of the March of Dimes, and the Emergency Medical Services for Children Program. The Richland County Coroner’s Office and the Richland County Child and Health Safety Council provided the accompanying DVD. Many thanks to all the fetal infant mortality review committees throughout South Carolina for their dedication and for the many hours they spent reviewing, discussing, and developing programs to improve the lives and well-being of mothers and babies throughout South Carolina.



I. What Is SIDS?

Trainer:

Introduce yourself. Explain why this training is important. Explain that the purpose of going through the manual is to provide a better understanding of SIDS and Safe Sleep. Tell them the manual will help them to take better care of the babies in their lives.

Trainer:

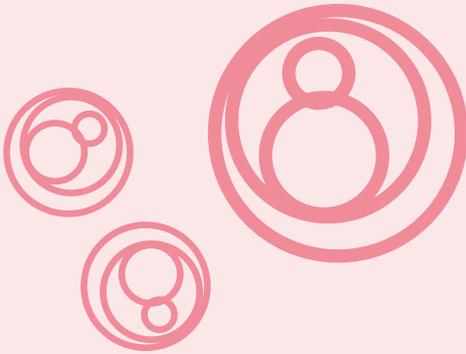
Read the technical definition of SIDS:

The death of an apparently healthy infant younger than 1 year of age that remains unexplained after a thorough case investigation. Such an investigation includes performance of an autopsy, examination of the death scene, and a complete family history.

Explain that every other cause of death has to be ruled out before a baby is diagnosed as dying from SIDS. Tell them that, honestly, we don't always know the cause of death.

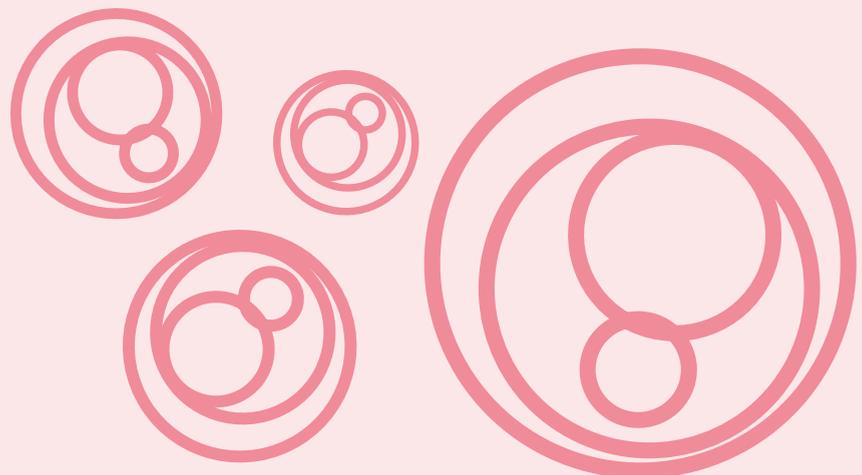
Trainer: Read

- Some people call SIDS “crib death” because many babies who die of SIDS are found in their cribs. But cribs DO NOT cause SIDS.



Trainer: Read

- SIDS is the leading cause of death in infants 1 month to 1 year of age.
- Babies are most at risk between 2 and 4 months of age.
- African American babies are more than two times as likely to die of SIDS as babies of European descent.
- Babies of American Indian/Alaska Native heritage are nearly three times as likely to die of SIDS as babies of European descent.
- Hispanic and Asian/Pacific Islander infants have among the lowest SIDS rates of any racial or ethnic group in the country.



II. What Should I Know About Unsafe Sleeping

Trainer: Read

II. What should I know about unsafe sleeping in South Carolina?

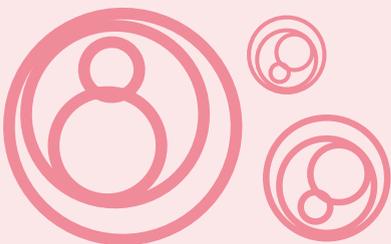
- Babies die in South Carolina from SIDS and unsafe sleeping environments.

Trainer : Read

South Carolina has one of the highest infant mortality rates in the United States. We need to educate everyone on how to protect babies.

SIDS is consistently among the leading causes of infant death in South Carolina.

Accidental suffocation and strangulation in bed is the leading cause of accidental infant death in South Carolina.

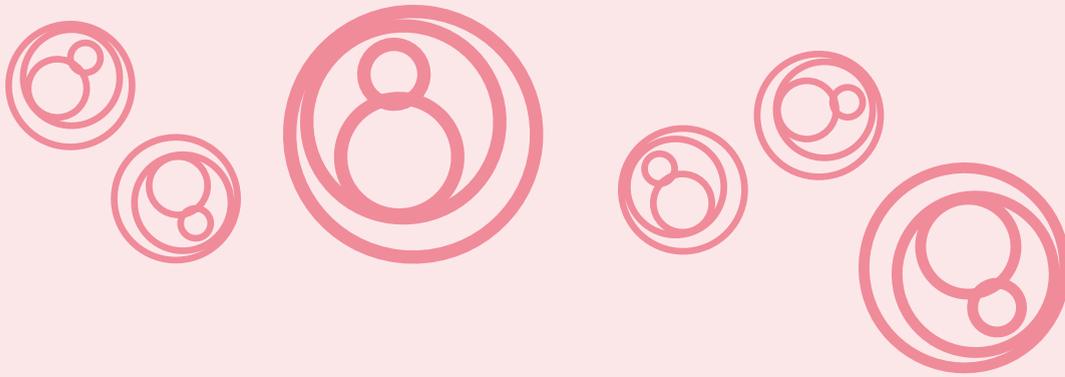


III. Understanding The SIDS Risk

Trainer: Read

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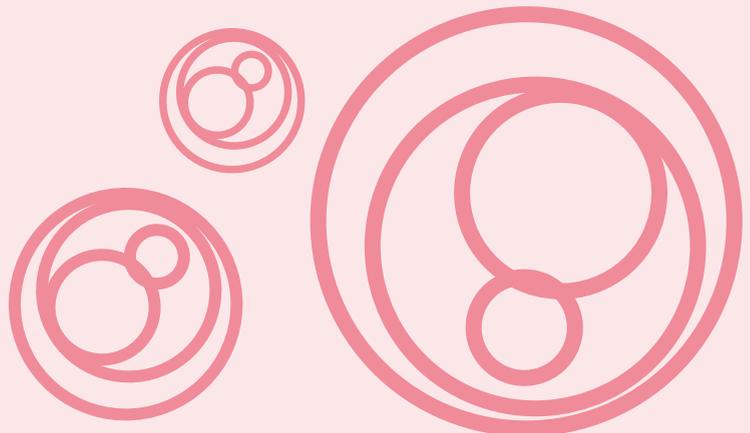
- Currently, health care providers don't know exactly what causes SIDS. Therefore, there is no known way to completely prevent SIDS.
- But there are several risk factors during the prenatal period, at birth, and throughout the infant's first year that can be modified or controlled to reduce risk.



Trainer: Read

Many Common Myths about SIDS are Not True

- SIDS is not caused by vomiting and/or choking.
- SIDS is not suffocation.
- SIDS is not caused by immunizations.
- SIDS is not contagious.
- SIDS is not caused by child abuse or neglect.
- SIDS is not the cause of every unexpected infant death.



IV. Creating A Safe Sleep Environment For Baby

Trainer: Read.

Now I am going to talk to you about how to create a safe sleep environment for your baby.

Safe Sleep Top 10

1. The back sleep position is the SAFEST for babies. Always place your baby on his/her back to sleep for naps and at night.

Babies who sleep on their stomach are much more likely to die of SIDS than babies who sleep on their back.

Safe Sleep Top 10

2. Use a firm sleep surface.

Use a safety approved crib mattress covered by a fitted sheet.

3. Keep soft objects, toys and loose bedding out of baby's sleep area.

Don't use pillows, blankets, quilts, sheepskins, or crib bumper pads in your baby's sleep area, and keep any other items away from your baby's face.

Safe Sleep Top 10

4.

Do not allow smoking around your baby!

Don't smoke before, during, or after the birth of your baby.

Don't let anyone else smoke around your baby.

Safe Sleep Top 10

5. Think about using a clean, dry pacifier when placing the infant down to sleep.

But don't force the baby to take it. If the pacifier falls out of baby's mouth during sleep, it is not necessary to put the pacifier in baby's mouth again while sleeping.

If you are breastfeeding your baby, wait until your child is 1 month old or until he or she is used to breastfeeding before using a pacifier.

Safe Sleep Top 10

6. Do not let your baby overheat during sleep.
Keep room at a comfortable temperature.
Dress your baby in clothing that is made
of appropriate fabric.

*Tip: If the temperature is comfortable
for an adult, the temperature is
comfortable for the baby.*

Safe Sleep Top 10

7.

Avoid products that claim to reduce the risk of SIDS.

Most products have not been tested for effectiveness or safety.

Do not rely on home monitors to reduce the risk of SIDS.

If you have questions about using a monitor for other conditions, talk to your health care provider.

Safe Sleep Top 10

8. Your baby needs tummy time!

Reduce the chance that flat spots will develop on your baby's head by placing your baby on the tummy when awake and someone is watching.

Tummy time helps your baby's head and neck muscles get stronger and helps to prevent flat spots on the head.

Also, change the direction that your baby faces in the crib from week to week. That way, he or she is not always putting pressure on the same part of the head.

Safe Sleep Top 10

9.

Share your room with baby, not your bed. Babies should not sleep in an adult bed or on a couch or armchair or with you, other adults, children, or pets.

If you bring baby into bed with you to breastfeed, put him or her back in a separate sleep area when finished.

Safe Sleep Top 10

10. Talk to your child care provider about creating a safe sleep environment for your baby!

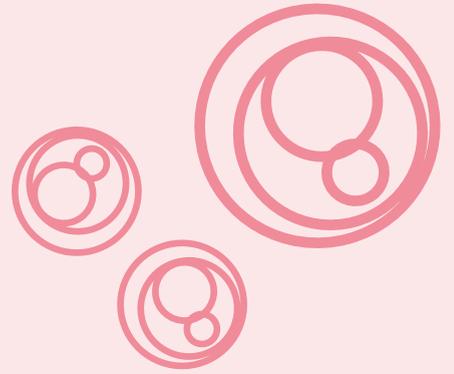
Don't assume everyone knows how to keep babies safe while sleeping.

Any time that someone besides you is caring for your baby, review the ABCs of Safe Sleep with them so they are aware of the SAFEST way for your baby to sleep.

V. Dangers Of Bedsharing

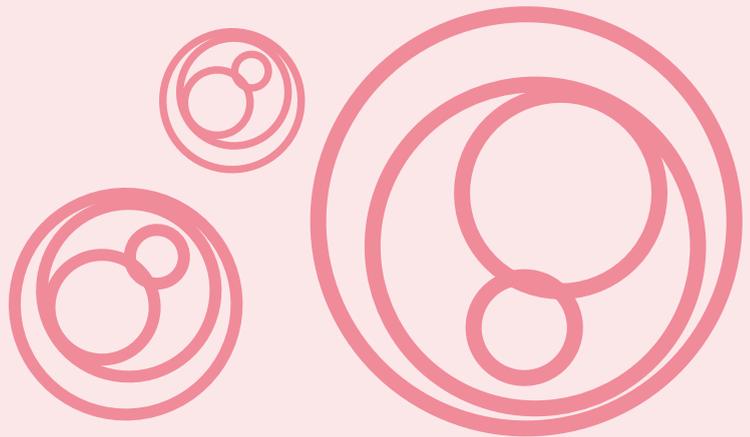
Trainer: Read.

- Your baby may get caught under the pillows or blankets and not be able to breathe or move.
- Your baby may get trapped in the space between the mattress and wall, headboard, footboard, or bed railings.
- You may accidentally roll over on your baby and suffocate the baby.
- Your child is **MORE AT** risk if the adult sleeping with the child has been smoking, drinking alcohol or using drugs.



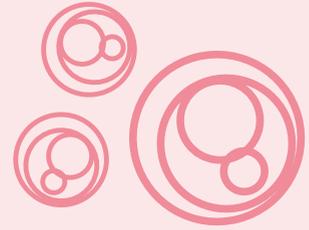
Trainer: Read.

Providing a safe sleeping environment is the single most important step you can take to reduce your baby's risk of SIDS, suffocation and accidental death.



Remember The ABC'S Of Safe Sleep:

A: ALONE on your — **B:** BACK in a — **C:** CRIB



VI. Tips for working with special populations:

African-Americans - Overall rates are higher.

- Although overall rates have declined, African-American infants are two-and-a-half times more likely to die of SIDS than infants of European descent.
- Target education to the appropriate caregivers.
- African-Americans tend to get information from family members such as a grandmother rather than a physician or a nurse.

Back to sleep message

- African Americans are twice as likely to place infants on their stomachs to sleep as other racial/ethnic groups.
- “It is important to stress the ‘ABCs of Safe Sleep’ campaign message.”

Co-sleeping/bedsharing

- Research also suggests that African American mothers, especially in urban settings, are more likely to share their beds with their infants.

Hispanic/Latinos

It is important to remember that there is much diversity within the Latino culture and that not all of these cultural considerations will apply to all families. However, these tips may be helpful.

Overheating/Overdressing Babies

- Because of a cultural belief in the potential negative effects of cold air for babies, some Hispanic parents may tend to dress their infants in overly warm clothing and wraps.
- It is helpful to remind parents that babies will be comfortable in the same type of clothing that their parents are wearing.

Co-Sleeping/Bedsharing

- In a typical Latino family in Latin America, the infant sleeps in the bed with the mother. Because of this tradition and space considerations, many Latino households in the United States continue to bedshare with their infants.
- The mother typically breastfeeds in the bed, and she and the infant usually go back to sleep after feeding.
- It is helpful to suggest that families consider having the baby sleep in his own bed. Discuss the dangers while recognizing that this concept may seem strange or unusual to some Latinos.
- If space is an issue, suggest a safety-approved portable crib to be used in the parent's/caregiver's room.

Children With Special Health Care Needs

- It is important to remember that parents/caregivers of children with special health care needs **MUST** get sleep position instructions from their health care provider.

