

Quality Care For Kids Newsletter

October 2024 | October is SIDS Awareness Month

Written by Casey Manser, MS, CCLS, Executive Director Iowa SIDS Foundation

All infants aged 0-12 months, regardless of ethnicity or culture are vulnerable to Sudden Infant Death Syndrome (SIDS) and other sleep-related accidents. These can happen any time during sleep, including naps and nighttime, and can occur in infants' homes and child care settings. This makes safe sleep everyone's responsibility.

Every professional and caregiver should know, promote, and follow the American Academy of Pediatrics safe sleep recommendations with every baby to help reduce the risk of SIDS and prevent accidental sleep-related deaths. This includes ensuring the infant is always sleeping:

ALONE without blankets, pillows, toys, other infants or caregivers

On their **BACK** completely flat on a firm, non-inclined surface
In a **CRIB**, pack n play or bassinet that meets current safety standards.



Caregivers and professionals can help further reduce the risk of SIDS by promoting breastfeeding, pacifier use and engaging in tummy time when infants are awake and supervised. The use of commercial devices such as wearable monitors that are marketed to reduce the risk of SIDS should be avoided and other current products on the market such as weighed sleep sacks and positioners are not safe.

Child care centers and home providers should have written safe sleep policies, yearly and ongoing training on safe sleep topics and be prepared to handle unresponsive infant emergencies.

It is important to note that watching or supervising an infant sleeping unsafely is still unsafe. The Iowa SIDS Foundation wants to remind all caregivers of any capacity that unsafe sleep can have deadly consequences and an infant's life is never worth risking. Safe Sleep may be hard, but your baby's life is worth it.



Visit the HHS Safe Sleep webpage

<https://hhs.iowa.gov/programs/programs-and-services/early-intervention-and-support/safe-infant-sleep>



Scan the QR code to find your local CCNC or visit online at

<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>