

Quality Care For Kids Newsletter



October 2023 | Sudden Infant Death Syndrome (SIDS) Awareness Month
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Sudden Unexpected Infant Death (SUID), which includes Sudden Infant Death Syndrome (SIDS), is the leading cause death of infants up to 1 year of age. Research shows parents and caregivers can help reduce the risk of SIDS and other sleep-related infant deaths by doing the following:

Do

- Place infants on their backs for sleep - naps and nighttime.
- Have infants sleep alone with no bed-sharing.
- Place infants on a firm mattress, non-inclined, with a tight fitted sheet, in a crib that meets the Consumer Products Safety Commission requirements.
- Keep the temperature of the room where infants sleep comfortable for a lightly clothed adult.
- Monitor for overheating. Signs of overheating include sweating, flushed skin, or feeling warm to the touch.
- If extra warmth is needed, appropriately sized sleep clothing (i.e.: sleepers, footed pajamas, sleep sacks) should be used instead of blankets. Do not cover the infant's head.
- Allow a pacifier during sleep with parent permission.

Do Not

- Have infants sleep on couches, adult beds, recliners or other soft surfaces.
- Put toys, soft objects, stuffed animals, pillows, bumper pads, blankets, quilts, furlike or loose bedding in the sleep environment including items draped over or attached to the crib.
- Use devices such as wedges or infant positioners.
- Use home cardiorespiratory monitors or commercial devices marketed to reduce the risk of SIDS/SUID. They are not recommended by the American Academy of Pediatrics (AAP).
- Place weighted blankets, weighted sleepers, or other weights on or near the sleeping infant.
- Swaddle infants in child care.
- Attach anything to the pacifier including a string, cord, or stuffed toy. Pacifiers should not be attached to the infant's clothing.

Additional Recommendations for Parents and Caregivers:

- Avoid exposure to smoke (including vaping) and nicotine for infants and children.
- Infants should be immunized in accordance with guidelines from the AAP.
- Support breastfeeding families. Breastfeeding is a protective factor against SIDS.
- Infants should have supervised "tummy time" when awake to help develop strong back and neck muscles and prevent flat areas on the back of the infant's head.
- Do not prop babies on any type of pillow during tummy time, feeding or during sleep.



For more information go to:

Safe to Sleep®
<https://safetosleep.nichd.nih.gov/>



Iowa SIDS Foundation
<https://iowasids.org/>



Scan the QR code to find your local CCNC or visit online at hhs.iowa.gov/hcci/consultants

