

Quality Care For Kids Newsletter



October 2023 | Sudden Infant Death Syndrome (SIDS) Awareness Month

Written by Heidi Hotvedt, RN BSN, Healthy Child Care Iowa Program Coordinator

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

