

AUDIENCE

Teenagers expecting their first baby

TOPIC

Sudden Infant Death Syndrome (SIDS)

TIME NEEDED

50 minutes

LEARNING OBJECTIVES

By the completion of the program,

1. At the completion of this lesson, at least 80% of participants will be able to list two other locations to put your baby instead of in the bed on the post-test.
2. At the completion of this lesson, at least 70% of participants will be able to name the risk factors of SIDS on the post-test.

MATERIALS NEEDED

- Powerpoint Presentation
- Internet with Wifi connection
- Access to Zoom with breakout rooms & chatbox enabled
- Appendix A (Fact or Myth Worksheet)
- Appendix B- (“What Would You Do” Case Study)
- Appendix C- Post-Test Questions
- (1) Egg
- (1) Cloth
- (1) Folded piece of paper
- (1) Small container (*to mimic a crib or alternative baby sleeper*)
- “How To Buckle Your Newborn In a Car Seat” Video

PREPARATION

Prior to the session set up a zoom meeting and send out the zoom link to the intended audience. Next, load powerpoint slides on to the computer, have breakout rooms set up for the start of the lesson. Check to be sure chat boxes are enabled and internet connection is strong.

PROCEDURE:

1. *Introduction*

PowerPoint Slides 1-3 (2 minutes)

1. Introduce yourself to the audience and discuss the topic of Sudden Infant Death Syndrome and how to prevent it.
2. State the general objectives for the lesson.

2. *Activity 1: [Sleep Where?]*

Powerpoint Slide 4 (3 minutes)

1. Introduce icebreaker and go around to each participant for their answer
 - a. *“Share the craziest place you ever took a nap.”*

3. *General Information about SIDS*

PowerPoint Slides 5-7 (5 minutes)

1. Introduce the topic of SIDS by first going over the basic definition of the term.
 - a. SIDS stands for Sudden Infant Death Syndrome.
2. Define: SIDS is in the unexplained death of an infant younger than 1 years old.
3. Go over what the purpose of the workshop will be:
 - a. This workshop will help you feel more comfortable and prepared to care for your bundle of joy and prevent SIDS
4. Risk Factors & Statistics
 1. Discuss the risk factors of SIDS
 2. Statistics:
 3. This will wrap up the general information about SIDS

5. Activity 2: [Fact or Myth]

Powerpoint Slide 8 (5 minutes)

1. Share Appendix A, “Fact or Myth” with the audience and allow them 3 minutes to answer each question. After the three minutes, review answers with the class.
2. Transition to the egg demonstration and guide the audience to participate in this next activity.

6. Egg Demonstration

Powerpoint Slides 9, 10 (5 minutes)

1. Educators will demonstrate how to properly position their baby utilizing an egg to demonstrate safe sleep positions for babies and why it is important to do.
 - a. Explain why utilizing an egg is effective since both a baby and eggs are fragile and can easily be crushed or become overheated.
2. Use the egg to exemplify and illustrate how parents should utilize their crib for infant safe sleeping.
 - a. Position 1: Demonstrate with the egg how to position the baby safely on its back properly.
 - b. Position 2: Demonstrate with the egg how to position the baby safely on its side.
 - i. While illustrating the positions, share the following statements below as you demonstrate the positions.
 1. Sleeping with a baby in an adult bed is even more dangerous when:
 1. The adult smokes cigarettes or has consumed alcohol or medication that causes drowsiness.
 2. The baby shares a bed with other children.
 3. The sleep surface is a couch, sofa, waterbed, or armchair.
 4. There are pillows or blankets in the bed.

5. The baby is younger than 11 weeks of 14 weeks of age.
6. The baby shares a bed with more than one person, especially if sleeping between two adults.

NOTE: Instead of bed sharing, health care providers recommend **room sharing**- keeping the baby's sleep area separate from your sleep area in the same room where you sleep. Room sharing is known to reduce the risk of SIDS and other sleep-related causes of infant death.

7. How to Reduce the risk of SIDS

Powerpoint Slide: 11 (5 minutes)

1. Talk about the risk factors about SIDS
 - a. Placing your baby on their back to sleep, and keeping fluffy blankets and stuffed animals, pillows, or blankets out of their crib.
 - b. Your baby should not sleep with other children or share a bed with more than one person, especially if sleeping between two adults.
 - c. Do not place your baby on surfaces, like a couch, sofa, waterbed, or armchair as a sleep surface.
 - d. Also, don't overheat the baby with clothing or the room that the baby sleeps in and don't allow anyone to smoke around your baby.
 - e. It is important that you do not consume alcohol or medication that causes drowsiness.
 - f. If your baby is younger than 11-14 weeks of age they have a higher chance of SIDS. To reduce SIDS you can breastfeed your baby.

8. Appendix B - Case Study

Powerpoint Slides: 12 (15 minutes)

1. Activity 3: What Would You Do? Case Study

1. Share Appendix A, "What Would You Do?" document in zoom chatbox.

2. Divide students into breakout rooms.
3. Have students read the case study and talk about what they would do in that situation.
4. After 7 minutes, re-group as a class and spend the next 8 minutes discussing and sharing everyone's answers as a class. Have one person from each group share their responses by typing in the chat or by unmuting and talking.

9. Baby Supply Alternatives

Powerpoint Slides: 13 (2 minutes)

1. Talk about alternatives for baby sleepers including the baby box, bassinet, wash bin, dresser drawer, play pen, and to go bassinet.
2. Explain each alternative sleeper
 - a. The Baby box: the baby box is a cardboard box designed as a cheaper alternative for a crib. It comes with a firm mattress and it is \$80.
 - b. The bassinet is something that can be on the side of your bed.
 - c. A dresser drawer and a firm mattress is another alternative. This can be helpful especially if you were at a place, like a hotel, that does not provide a crib
 - d. The playpen can be in the same room and can act as a crib. This is especially helpful if you do not feel comfortable leaving your baby in a separate room
 - e. A to go bassine can be placed on the bed. Place this in the middle of the bed.
 - f. You can use a wash tub and a firm mattress as another alternative. This can also be brought on top of the bed.

10. Post-Test & Conclusion

Powerpoint Slides 14, 15 (8 minutes)

1. Share Appendix C with participants with Post-Test Questions.
2. Allow students 5 minutes to complete post-test.
3. After post-test, reiterate important lesson plan takeaways:

- a. SIDS is devastating for families, but with this workshop you have learned what it is, the risk factors, and how to prevent it. You will now be able to say goodnight with the confidence that your baby will sleep right.
- b. Ask if they have any questions about the material or any of the activities. After answering questions, thank the class for taking the time to attend and participate in the workshop.

Lesson Extension/ Plan B (optional) (5 minutes)

1. Watch a youtube video about how to place your baby in a car seat correctly
 - a. https://www.youtube.com/watch?v=TDnVE6t-vbc&feature=emb_title
2. To explain how to place your baby on the bed have each participant act as if they were a baby and place themselves in the correct position.

References

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baby in a car seat properly [Video]. YouTube.

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Appendix A
Fact or Myth

State whether you believe the statements to be true or false.

1. Babies who sleep on their backs will choke if they spit up or vomit during sleep
2. If parents sleep with their babies in the same bed, they will hear any problems and be able to prevent them from happening.
3. Shots, vaccines, and medicines cause SIDS

Appendix A
Fact or Myth Answers

1. Statement: Babies who sleep on their backs will choke if they spit up or vomit during sleep

ANSWER/EXPLANATION: Babies automatically cough up or swallow fluid that they spit up or vomit which is a reflex to keep their airway clear. Studies show no increase in the number of deaths from choking among babies who sleep on their backs. In fact, babies who sleep on their backs might clear these fluids more effectively because of the way their body is built.

2. Statement: If parents sleep with their babies in the same bed, they will hear any problems and be able to prevent them from happening.

ANSWER/EXPLANATION: Because SIDS occurs with no warning or symptoms, it is unlikely that any adult will hear a problem and prevent SIDS from happening. Sleeping with a baby in an adult bed increases the risk of suffocation and other sleep-related causes of infant death.

3. Statement: “Shots, vaccines, and medicines cause SIDS.”

ANSWER/EXPLANATION: Recent evidence suggests that shots for vaccines may have a protective effect against SIDS. All babies should see their health care provider regularly for well-baby checkups and should get their shots on time as recommended by their health care provider.

Appendix C

Post-Test

1. What are other alternative locations for you to put your baby in instead of the bed?

2. What are the risk factors for SIDS?

Appendix C
Post-Test Answers

3. What are other alternative locations for you to put your baby in instead of the bed?

POSSIBLE ANSWERS: crib, bassinet, wash bin, to go bassinet, dresser drawer, playpen, baby box

4. What are the risk factors for SIDS?

POSSIBLE ANSWERS: infants with unknown problems (genetic change or brain defects), during the first 6 months after birth, consuming alcohol during pregnancy, placed on stomach, overheated during sleep, exposure to cigarette smoking.