

Goodnight, Sleep Right (SIDS)

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Sudden Infant Death Syndrome

- SIDS stands for Sudden Infant Death Syndrome.
- Sudden infant death syndrome (SIDS) is the sudden and unexplained death of a baby younger than 1 year old.

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.

Icebreaker

Activity 1: [Sleep Where?]

Share the craziest place you ever took a nap in this first activity.

SIDS

1. SIDS stands for Sudden Infant Death Syndrome.
 - a. Definition: Sudden infant death syndrome (SIDS) is the sudden and unexplained death of a baby younger than 1 year old.

Today's Lesson

SIDS is common in the unexplained death of an infant younger than 1 years old.

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

Risk factors of SIDS

1. sleeping position and sleeping surface,
2. mother's health history & infant's health history.

Statistics:

1. 38.7% of all sudden unexpected infant deaths were caused by SIDS in 2018.
2. SIDS deaths have decreased dramatically from 1990 to 2017.
3. SIDS deaths are highest among American Indian and Alaskan Natives, with non-Hispanic black coming in second.
4. About 1,360 babies died of SIDS in 2017.
5. 90% of all SIDS deaths occur before a baby reaches 6 months of age.
6. Boys are more likely to die of SIDS than girls.

Activity 1- Fact or Myth

After you complete Appendix A, we will re-group to talk about the answers. .

Egg Demonstration

We will be using the egg to demonstrate how to properly position their baby utilizing an egg to demonstrate safe sleep positions for babies and why it is important to do.

The egg demonstration is effective as both a baby and eggs are fragile and can easily be crushed or becoming overheated.

- a. Position 1: Demonstrate with the egg how to position the baby safely on it's back properly.
- b. Position 2: Demonstrate with the egg how to position the baby safely on it's side.

Statements to Remember

- i. 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.

How to Reduce the risk of SIDS

1. placing your baby on their back to sleep, and
2. keeping fluffy blankets and stuffed animals, pillows, or blankets out of their crib.
3. Your baby should not sleep with other children or share a bed with more than one person, especially if sleeping between two adults.
4. Do not place your baby on surfaces, like a couch, sofa, waterbed, or armchair as a sleep surface.
5. 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.
6. It is important that you do not consume alcohol or medication that causes drowsiness.
7. If your baby is younger than 11-14 weeks of age they have a higher chance of SIDS.
8. To reduce SIDS you can breastfeed your baby.

Activity 3: Case Study

Breakout rooms! Discuss Appendix B in your breakout rooms and we will go over your answers.

Safe Baby Sleeper Options

1. 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.
2. The bassinet is something that can be on the side of your bed.
3. 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.
4. 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.
5. A to go bassine can be placed on the bed. Place this in the middle of the bed.
6. You can use a wash tub and a firm mattress as another alternative. This can also be brought on top of the bed if you do please.

Reference

Mathews, T.J., MacDorman, M.F. (2010). *Infant mortality statistics from the 2006 period linked birth/infant death data set.*
https://www.cdc.gov/nchs/data/nvsr/nvsr58/nvsr58_17.pdf