



sleep baby safe

conversation guide

This book belongs to:

name

phone

email

Why is it important to talk about safe sleep?

- We want families to be aware of the updated infant safe sleep guidelines.
- Sleep-related deaths are preventable.
- We want all babies to make it to their first birthday and beyond.

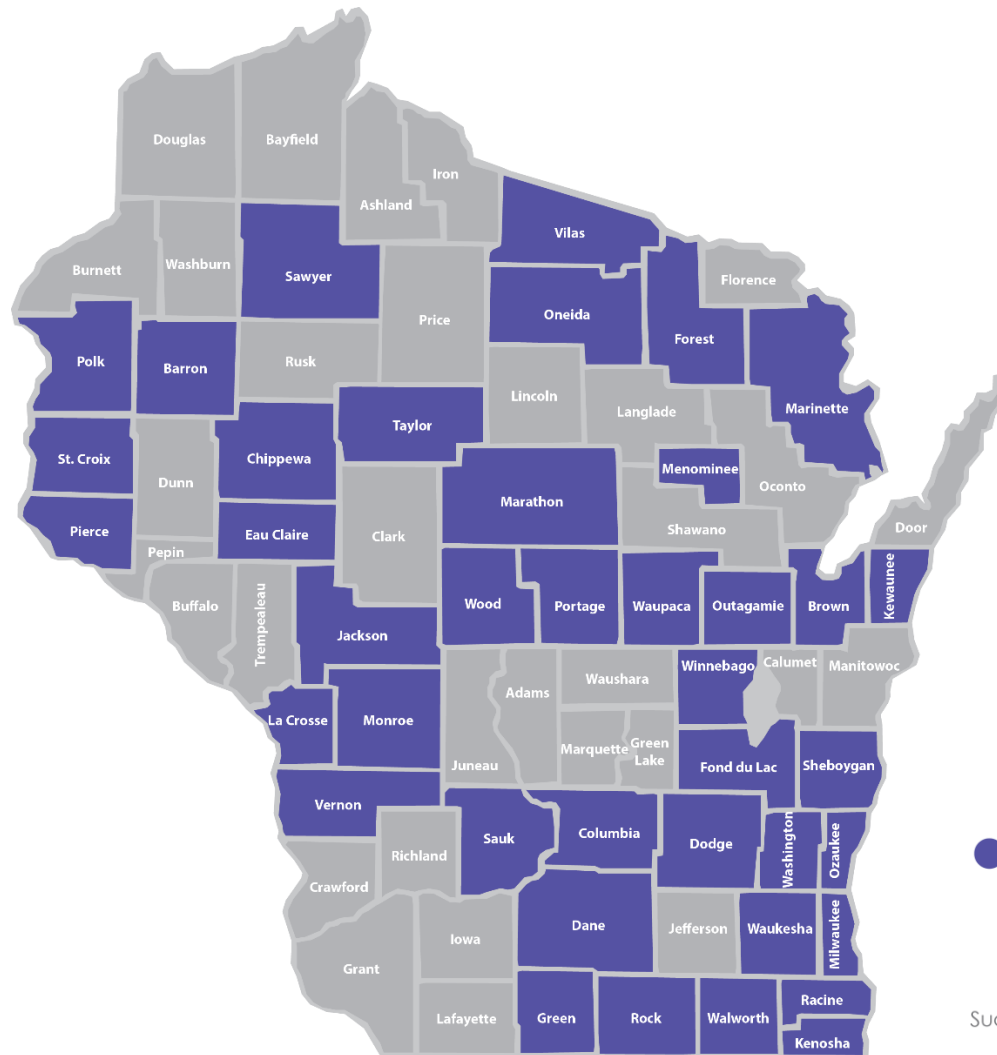
Why do we follow the American Academy of Pediatrics (AAP) safe sleep guidelines?

- The AAP is a group of pediatricians and researchers who have knowledge on infant safe sleep.
- The AAP guidelines are based on research from experts working on child safety and infant safe sleep.
- Where your infant sleeps is a personal decision, however it's important for families to make educated choices.

SUIDs in Wisconsin

- SUIDs are **s**udden, **u**nexpected **i**nfant **d**eaths that happen in infants younger than age 1. These deaths occur while infants are sleeping or in a sleep environment (location or area).
- More than one infant per week dies in an unsafe sleep environment in Wisconsin.
- Between 2015-2017, 182 Wisconsin infants died in unsafe sleep environments in 40 different counties.
- This map shows the counties where a SUID happened between 2015-2017.
- In Wisconsin, SUIDs happen in urban and rural areas and affect families of all backgrounds.

SUIDs in Wisconsin



● Purple counties experienced a SUID between 2015-2017.

Children's Health Alliance of Wisconsin,
Sudden Unexpected Infant Death Report, 2019

ABCs of safe sleep

- **A**lone with caregiver nearby.
- On the **b**ack.
- In a **c**rib or Pack 'n Play™ with only a tight-fitting sheet.
- In **s**moke-free air, wherever baby is, including in the car.
- The ABCs should be followed for every sleep, including nap time and at night.
- Use a wearable sleep sack in place of a loose blanket.
- Baby should always sleep on a firm, flat surface; **not** in a car seat, baby swing or bouncer.
- Bumper pads, blankets, stuffed animals and other items should **not** be in the sleep environment.
- Never sleep baby on a couch, chair, air mattress, pillow or other soft surface.
- Siblings, pets and adults should **not** sleep with baby.

ABCs of safe sleep



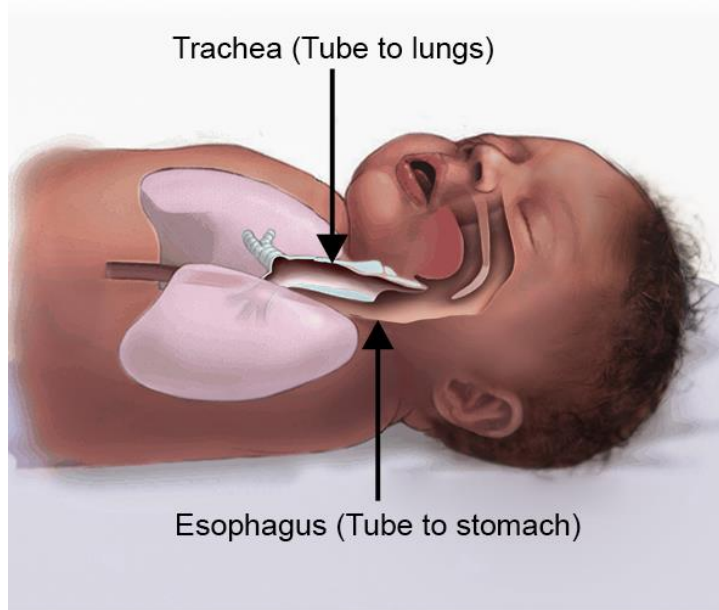
A Alone **B** on the back **C** in a crib **S** Smoke-free air

Baby's airway

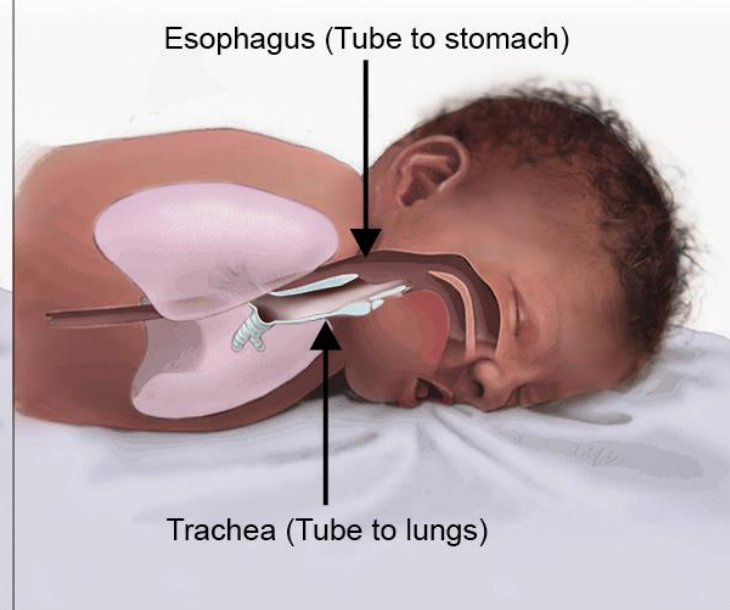
- Research has found that babies are the safest when sleeping on their backs.
- The **trachea** (airway) lies on top of the **esophagus** (tube that goes into the stomach). When a baby spits up, gravity will keep the spit-up in the esophagus, and it will either come out of the baby's mouth, or be swallowed.
- The trachea (airway) is protected when baby is on his or her back.
- Placing baby on his or her tummy does not allow him or her to breathe in fresh air.
- Since the *Back to Sleep* campaign began in 1992, there has been a decrease in infant deaths.

Baby's airway

Baby in the back sleeping position



Baby in the stomach sleeping position



Babies are less likely to choke while lying on their backs.

Image courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, <http://www.nichd.nih.gov/sids>; Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.

Share a room, not a bed

- Sharing a room helps with breastfeeding and bonding safely.
- Babies are safest in a crib or Pack 'n Play™.
- Adult beds have many risk factors and soft mattresses do not support infants' necks. When babies are on soft surfaces, they are at risk of cutting off their airways if their heads roll forward, sideways or backward.
- Comforters, pillows and other people in the bed could accidentally suffocate an infant.
- Babies are not coordinated or strong enough to move a blanket or pillow off their faces.
- The AAP recommends sharing a room for baby's first year.

Share a room, not a bed



Breastfeeding and bonding

- Babies who are breastfed have a lower risk for SUID.
- The protective effect of breastfeeding increases when babies are only fed breast milk, but any amount of breastfeeding is still protective.
- Not all babies are breastfed. This does not lessen the importance of bonding and safety, regardless of how baby is fed.
- Caregivers who feed baby while in bed should put baby back in his or her own crib or Pack 'n Play™ after the feeding is complete. This keeps baby safe in a separate sleep environment close by.
- Using a pacifier can help protect against SUID. Pacifiers should be used after breastfeeding is well established, generally after one month.

Breastfeeding and bonding



Back-to-sleep... Tummy-to-play

- Babies are not born with habits. Babies will learn to be comfortable if they sleep on their backs for every sleep time.
- Babies should sleep on their backs on a firm, flat surface at every sleep time—naps and nighttime.
- Share these instructions with anyone who will care for the baby.
- Babies need tummy time to develop different muscles and prevent a flat head.
- Tummy time should only be when baby is awake and supervised.
- Spend time bonding with baby in your arms as well as watching baby on his or her tummy.

Back-to-sleep... Tummy-to-play



Avoid overheating

- Set the temperature in the room to the same temperature adults feel comfortable.
- Dress baby in as little or as much clothing as you would dress yourself.
- Avoid covering baby's car seat with a blanket when you are indoors, at the store, or at home.
- Use a wearable sleep sack instead of a blanket to keep baby warm when sleeping.
- Swaddling can calm baby. Take time to learn how to swaddle safely. AAP recommends to phase out swaddling by age 2 months, before baby can roll.

Avoid overheating



Make a safe sleep plan

- Share your baby's safe sleep routine with other people who will be caring for baby, including baby's older siblings, babysitters, grandparents and child care providers.
- Before traveling, plan where baby will sleep at hotels or others'

homes. Ask whether you should bring a portable crib or bassinette with you.

- You can avoid accidental unsafe sleep environments by creating a plan for when you are tired or when you know you are not able to make the best decision.

Safe sleep video

Watch this short video for a mom's perspective on choosing safe sleep for her infant: <https://vimeo.com/163401429>.



Make a safe sleep plan



Is this baby sleeping safely?

Baby's sleep environment would be safer if:

- Baby was sleeping alone.
- Baby was sleeping on his or her back.
- Baby was in a separate sleep environment from the adult.
- Baby was not on soft bedding in an adult bed.
- Blankets and pillows were not present.

Remember the ABCs of safe sleep: **a**lone, on the **b**ack, in a **c**rib or Pack 'n Play™ and in **s**moke-free air.

Is this baby sleeping safely?



Is this baby sleeping safely?

Baby's sleep environment would be safer if:

- Baby was in a crib or Pack 'n Play™
- Adult was awake

Babies are safest when sleeping in a separate sleep environment. Couches, chairs and air mattresses are not safe places for baby to sleep.

Is this baby sleeping safely?



Notes

Notes



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