



Infant Loss Resources

SUPPORT FOR FAMILIES | EDUCATION FOR CAREGIVERS

Safe Sleep for Babies



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OUR MISSION:

To promote safe practices which reduce the risk of infant death and to provide bereavement support for families who have lost babies.



Infant Loss Resources

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- Missouri-based non-profit (founded in 1974)
- St. Louis, Kansas City, Springfield
- Solely focused on Sudden Infant Loss
- Education and Grief Support



Infant Loss Resources

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- Grief Support
 - Home visits
 - Individual and family bereavement support
 - Peer-to-peer contact
 - Private online support groups
 - Monthly in-person support groups
 - Commemorative events



John Martin Holcomb



Kenny, Jennifer, Eli



Infant Loss Resources

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- Education
 - Community Parents/Families
 - Child Care Providers
 - Parent Educators
 - Nurses/Medical staff
 - Emergency Personnel

Infant Mortality

SIDS & other Sleep Related Infant Death is
the #1 cause
of infant mortality
from one month to one year of age

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of an apparently healthy infant, under one year of age, which remains unexplained after a complete medical history review, death scene investigation, and postmortem examination.

SIDS is often called “crib death”, even though it is not the crib that causes the death.

ABC's of Safe Sleep

Babies sleep safest
Alone, on their
Backs,
in their
Cribs



We know them, but not everyone follows them...

Parents get mixed messages



Trendy Products Galore!



Parents feel pressured

Family and peer pressures

Cultural practices and norms

Lack of resources and support



What's Happening?

2015 Missouri Sleep-related Deaths

Of the 94 infant deaths in 2015:

- 71 were accidental suffocation deaths
- 14 were SIDS, 3 as natural, 6 as undetermined
- 77 infant deaths may have been preventable, if safe sleep practices had been followed

2015 Missouri Child Fatality Review Program Annual Report

Statistics

Did you know....

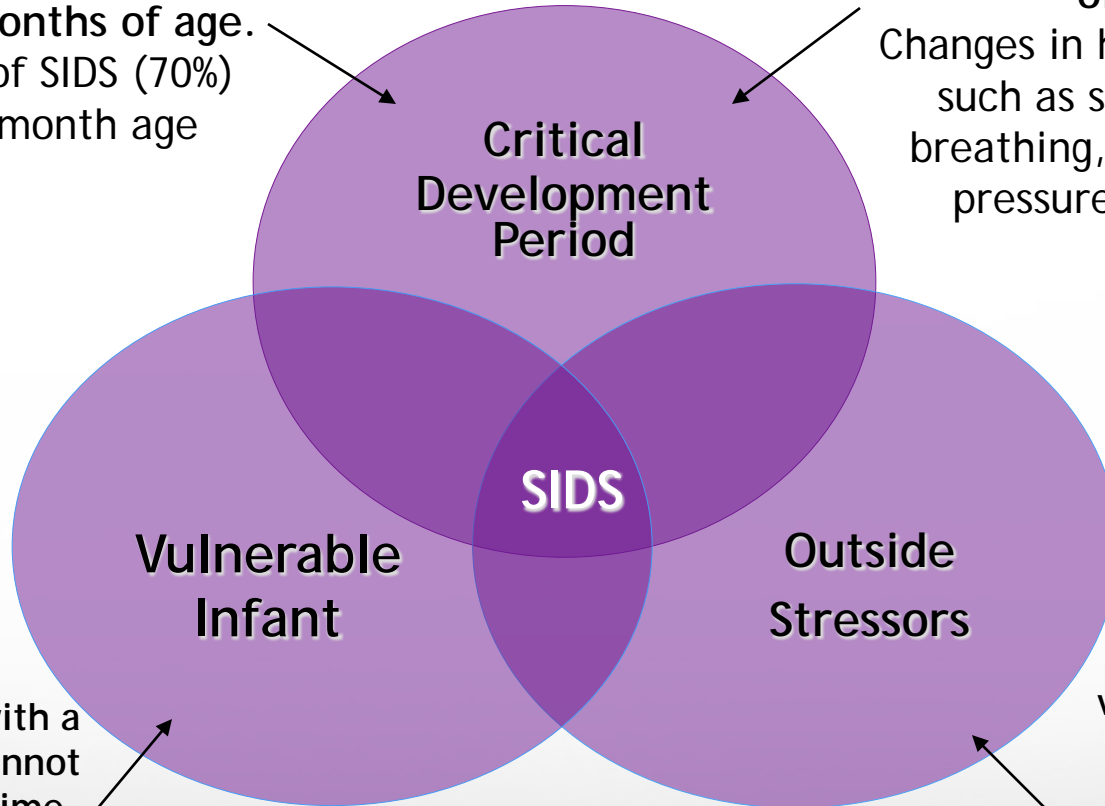
- 1992 Back to Sleep Campaign = 50% reduction of SIDS
- Annually, estimated 3,500 sleep related deaths in U.S.
- Annually, there are 1,575 SIDS deaths in U.S.
- SIDS affects babies of all races, religions, & socioeconomic groups (Af. Am./Am. Indian higher rates)
- 90% occur before 6 months of age (peak 2-4 mo.)

SIDS Research

90% of all SIDS deaths occur between 0-6 months of age. The peak age of SIDS (70%) is in the 2-4 month age

Many changes occur during this time in the neurophysiology of infants.

Changes in homeostatic control such as sleeping, waking, breathing, heart rate, blood pressure & temperature



The baby presents with a subtle defect that cannot be detected at this time. Theories include: brainstem abnormality or central nervous system malfunction

A challenge that the vulnerable infant does not respond to i.e. upper respiratory infection, sleep environment, cig. smoke, etc.

Anatomy and Physiology

Dispelling the fear of aspiration/choking:

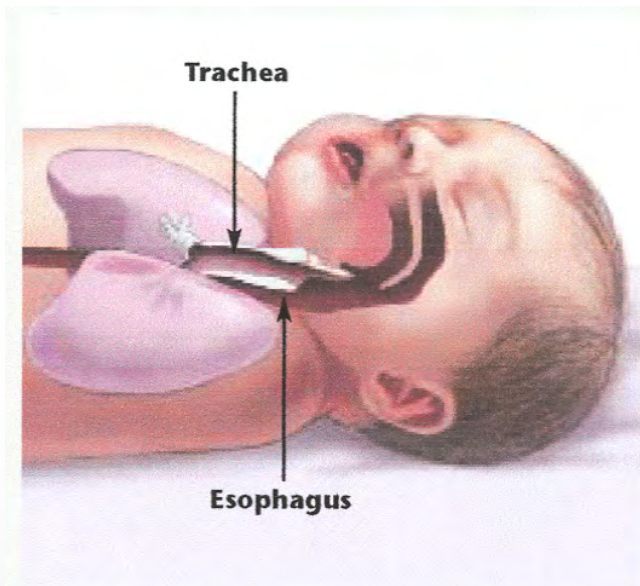


Figure 3.
Upper-Respiratory Anatomy: Baby
in the Back Sleeping Position

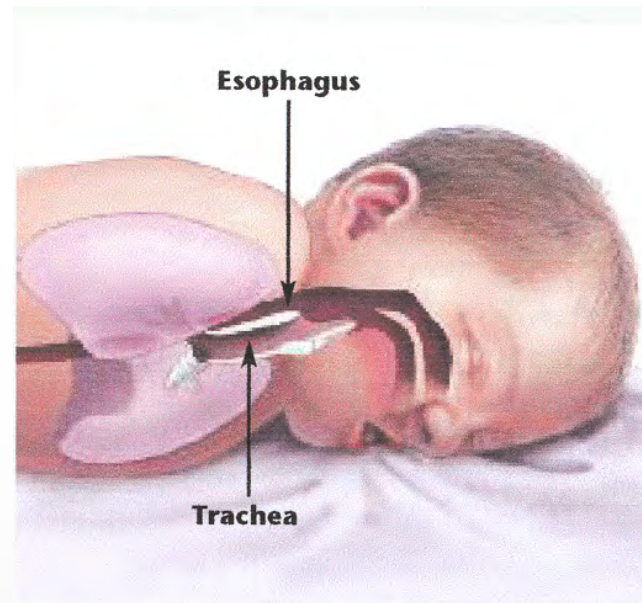


Figure 4.
Upper-Respiratory Anatomy: Baby
in the Stomach Sleeping Position

Indications for Alternate Positioning

Physician assessment required:

- The only true contraindication to supine positioning is upper airway malformation

Other conditions that may warrant temporary alternate positioning include:

- GERD & Meconium aspiration — may indicate temporary, alternate positioning
- Cesarean section is NOT a contraindication to back sleeping
- NICU education - as ready for oral feedings = back sleep

SAFE SLEEP

AAP safe sleep guidelines

- NO soft quilts or comforters
- NO pillows
- NO bumper pads
- NO stuffed animals
- NO hanging toys
- NO wedges, rolled blankets or other positioning devices
- Swaddle only up to 2 months
- **Consider a sleeper or sleep sack instead of a blanket**



Wedges and Pillow propping are NOT safe



These are NOT baby beds



Baby Boxes



- Finland health factors
- Longevity = limited
- Durability?
- Evidence of safety?



Cribs for Kids®



- Growing number of programs in KC metro
- Longevity = up to 35 lbs.
- Education
- Portable
- Reusable



Reducing the Risk

- DO Breastfeed
- DO Room-share
- DO Sleep safely
- DO get prenatal care + well baby exams
- DO share information with ALL caregivers



Repetition assures Retention!

Remember:

- Educate ALL parents/caregivers
- Share the **ABC's of Safe Sleep:**
Babies sleep safest
Alone, on their
Backs, in their
Cribs + Don't smoke
- Celebrate what parent's ARE doing well





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Thank You!

800-421-3511