



# Infant Loss Resources

SUPPORT FOR FAMILIES | EDUCATION FOR CAREGIVERS

A large, decorative graphic in the background consisting of light green, stylized vines and leaves. The vines are thin and curved, with several heart-shaped leaves and small star-shaped flowers scattered throughout. The overall design is soft and elegant.

## Safe Sleep for Babies



# Infant Loss Resources

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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



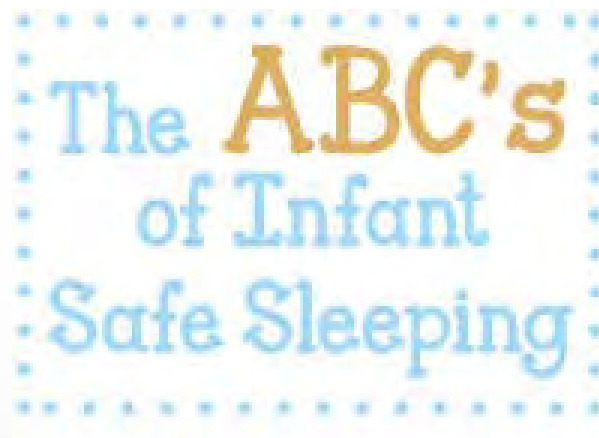
# What is SIDS?

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  
**A**lone, on their  
**B**acks,  
in their  
**C**ribs



*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....*

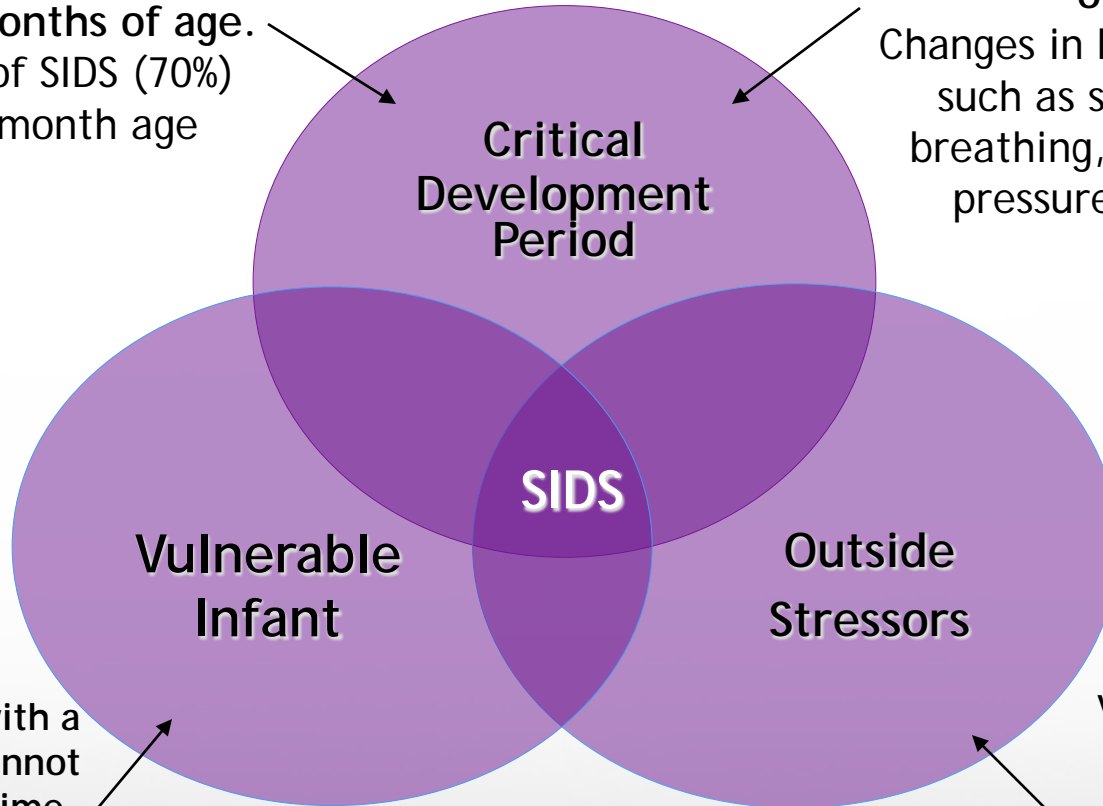
- 1992 Back to Sleep Campaign = 50% reduction of SIDS
- Annually, estimated 3,500 sleep related deaths in U.S.
- Annually, there are 1,575 SIDS deaths in U.S.
- SIDS affects babies of all races, religions, & socioeconomic groups (Af. Am./Am. Indian higher rates)
- 90% occur before 6 months of age (peak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



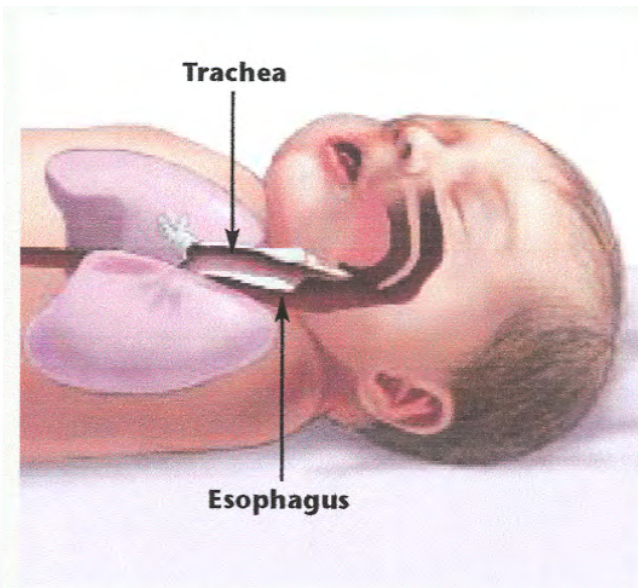
The baby presents with a subtle defect that cannot be detected at this time. Theories include: brainstem abnormality or central nervous system malfunction

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

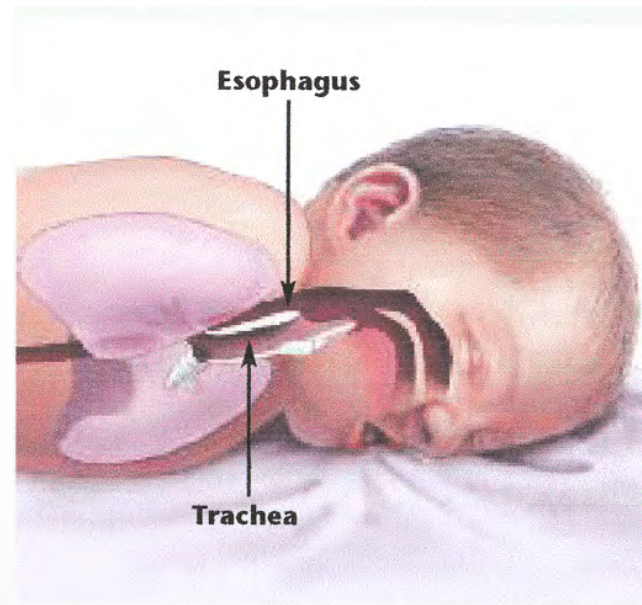


# Anatomy and Physiology

*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  
**A**lone, on their  
**B**acks, in their  
**C**ribs + Don't smoke
- Celebrate what parent's ARE doing well





# Infant Loss Resources

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*Thank You!*

**800-421-3511**