

Safe Sleep for Infants Education Plan

Resources for Staff

- [Safe Sleep Position: Q&A for Health Care Providers](#)
- [National Sudden and Unexpected Infant/Child Death & Pregnancy Loss: Resource Center](#)

Teaching Tools

- [Sleep safe for your baby around the clock: Birth to 12 months](#)
- **Helping Baby Back to Sleep**
www.sidscenter.org/documents/SIDRC/BackToSleep.pdf
- **Helping Baby Back to Sleep, in Spanish**
http://www.sidscenter.org/documents/SIDRC/HelpingBaby_Spanish.pdf

References

- [National Sudden and Unexpected Infant/Child Death & Pregnancy Loss: Resource Center](#)
- **Safe Sleep Position: Q&A for Health Care Providers** - National Institutes of Health, National Institute of Child Health and Human Development

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**Always close each teaching session with the question,
“What questions do you have for me?”**

*This page is intended for staff use only. Do not give to the patient.
This document is not a part of the permanent medical record.

Safe Sleep for Infants

Getting Ready to Learn about Safe Sleep

Learning something new can be hard. The purpose of this education plan is for you and the staff to read over this information together. Here are some good things to tell the staff:

- Who else do you want to learn this information?
- What is the best way for you to learn? Reading, listening, watching or by doing things yourself?
- Tell staff if you cannot focus on learning right now.

This information is important to your baby's health. We may explain something more than once. We will be giving you information in small bits at a time. If there is something you don't understand, it's ok to ask us to explain again.

What I Need to Learn about Safe Sleep for my Baby:

1. I will be able to tell staff where my baby should sleep.
2. I will be able to tell staff the dangers if my baby sleeps on an adult bed or sofa.
3. I will be able to tell staff what position my baby should be in for sleeping.
4. I will be able to tell staff how to make my baby's sleep area safe.

The staff will use three questions to teach me about safe sleep:

1. What is the main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat important points in my own words, or ask me to show what I have learned. They want to make sure that I know how to keep my sleeping baby safe.

What is the main problem? Safe sleep

Safe sleep is very important to keep my baby healthy and alive. Things that can happen to my baby while sleeping include:

- Suffocating (not being able to breathe) in soft bedding like pillows, soft stuffed toys, quilts, comforters, and other soft products.
- Suffocating while sleeping in bed with an adult.
- SIDS (Sudden Infant Death Syndrome) is the unexpected death of an infant less than one year of age that cannot be explained by any other cause.

What do I need to do?**I will be able to tell the staff where my baby can sleep safely.** Crib

- My baby should always sleep in a crib or bassinet that has met CPSC (Consumer Product Safety Commission) standards.
 - It should have a firm mattress with a tight fitting bottom sheet.
 - There should be nothing loose, missing, or broken
 - It should not be older than 10 years old
 - Place the crib away from a window with a window blind, curtain cords or baby monitor cords
 - Make sure there are no gaps larger than two fingers between the sides of the crib and the mattress every time I change the sheets.

I will be able to tell staff the dangers if my baby sleeps on an adult bed or sofa. Adult bed or sofa

- If I want my baby near me while I sleep, I will place the crib near my bed. My baby should NEVER sleep in bed or on a sofa with me.
 - Bed sharing can increase the risk of SIDS or suffocation.

- Babies can die when someone rolls on top or against them and they cannot breathe.
 - Babies can die from becoming trapped in pillows or blankets.
- When I bring my baby to my bed to breast feed or cuddle:
 - I will be sure I am awake enough not to fall asleep with the baby in my bed.
 - I will not bring the baby into bed if I have had alcohol or medication that may make me sleepy.
 - I will place the baby back into the crib before I go to sleep.
- The safest place for my baby to sleep is in the crib, not on my shoulder while I nap. My baby would not be safe in a bed with a child or adult who could roll over on my baby.
- Some places in the home are dangerous for a baby to sleep even if an adult is not on the bed or couch with them:
 - Couch or Sofa
 - Recliner
 - Waterbed
 - Soft Mattress
 - Any soft surface including pillows, quilts, or cushions.
- Babies that are placed on adult beds or sofas may have a risk of suffocation from many different hazards:
 - Suffocating in soft bedding- pillows, quilts, or comforters
 - Falling between the bed and wall or another object
 - Falling between headboard, footboard, or bed frame
 - Falling from bed onto a pile of clothing, pillows, or other soft material that can result in the baby suffocating.

I will be able to tell the staff my baby should sleep on his back.

Back to sleep

- Place my baby on his or her back. My baby should not be placed on his or her side or tummy to sleep. This helps keep their mouth and nose from being blocked.
- The back sleep position is safest and should be used every time.
- My baby will need tummy time while awake playing and being watched by an adult.

I will be able to tell staff how to make my baby's sleep area safe.

- Safe sleep area
 - My baby should be the only soft thing in the crib.
 - I will remove all pillows, quilts, comforters, pillow-like stuffed toys, bumper pads, and other soft things.
 - I will use a sleeper or dress my baby in other sleep clothing instead of using a blanket.
 - I will avoid over heating my baby.
 - My baby should be dressed for the bedroom temperature that is comfortable for a lightly clothed adult.
 - Remember infants cannot easily regulate their own temperature.
 - I will not use anything to prop my baby up or prop on their side.
 - Devices that claim to prevent SIDS or suffocation may not work. These have not been tested for safety or proven to work.
 - I will keep a “smoke free” environment around my baby at all times. I will not let family members or friends smoke around my baby.

Why is this important to me?

- Importance: I want my baby to be safe and healthy.

As part of my baby's care, I have received this education plan, Safe Sleep for Infants.

RL 5.3