

Alabama Collaborative on Safe Sleep: Position Statement

The Alabama Collaborative on Safe Sleep (ACSS) under the Alabama Department of Public Health works closely with the Alabama Hospital Association, the Alabama Chapter of the American Academy of Pediatrics, the Alabama Medicaid Agency, March of Dimes, and numerous other stake-holders to promote public awareness to reduce the number of preventable child deaths in Alabama due to sleep-related conditions.

The following ACSS Position Statement is designed to promote safe sleep practices and safe sleep environments to reduce the number of preventable infant and child deaths from Sudden Infant Death Syndrome (SIDS) and those deaths classified as Sudden Unexplained Infant Death (SUID). The recommendations are adopted from the “American Academy of Pediatrics: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment.”

<http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284.full.pdf+html>

Recommended Safe Sleep Position:

- Babies are placed on their backs to sleep for naps, bedtime, or anytime.
- Babies are given time on the tummy while awake and supervised by a responsible person.
- Parents tell relatives, friends, church workers, daycare providers, and babysitters that the baby will be placed on his/her back to sleep.
- Never use devices like wedges, positioners, or monitors that are marketed to reduce the risk of SIDS/SUID.

Recommended Safe Sleep Environment:

- Babies are placed to sleep in a safety-approved crib or bassinet with a firm mattress, using a well-fitting sheet made for the crib or bassinet.
- Parents/caregivers maintain the home free of cigarette smoke, alcohol, and drugs at ALL times.
- Babies are NEVER placed to sleep on soft mattresses or cushions, such as on beds, sofas, chairs, recliners, bean bags, or waterbeds.
- Babies sleep environment is free of toys or other soft bedding items, such as blankets, comforters, stuffed animals, or bumper pads.
- Babies should not be allowed to sleep in car seats, swings, or any place other than a safety approved crib or bassinet.
- Babies should not be overdressed and the room temperature should be maintained at a comfortable level.
- Babies sleep environment is free of unsafe items, such as plastic sheets, plastic bags, strings, cords, or ropes.
- Room sharing, NOT bed-sharing, is safest for baby to sleep.

If parents do not have a safe crib for baby to sleep, they should notify a provider or look for resources in the community that can/will help provide a portable crib. Contact numbers include: ADPH @ (334) 206-5675 or the Alabama Department of Child Abuse and Neglect Prevention @ (334) 262-2951.

While parents are influenced by tradition and cultural norms, significant evidence suggests that infants are less likely to choke when lying on their back. Breastfeeding is successful with room sharing and is associated with a reduced risk of SIDS. Due to new crib safety regulations, bumper pads are no longer necessary to prevent rail entrapment; in fact, they have been found to increase the risk of suffocation.

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Sources:

American Academy of Pediatrics: A Child Care Provider's Guide to Safe Sleep, www.healthychildcare.org/pdf/SIDSchildcaresafesleep.pdf; A Parent's Guide to Safe Sleep, www.healthychilcare.org/pdf/SIDSparentsafesleep.pdf

Center for Disease Control: Sudden Infant Death Syndrome (SIDS), www.cdc.gov/SIDS/index.htm

First Candle: Important Safe Sleep Tips, www.firstcandle.org/new_exp_parents/new_exp_safesleeptips.html

National Institute of Child Health and Human Development (NICHD) Pub. No. 06-5759, January 2006.

U.S. Consumer Product Safety Commission: Crib Safety Tips (in English and in Spanish) www.cpsc.gov/CPSCPUB/PUBS/5030.pdf, www.cpsc.gov/CPSCPUB/PREREL/prhtml01/01131s.pdf

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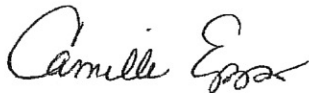
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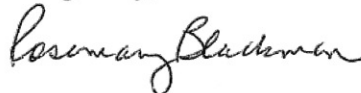
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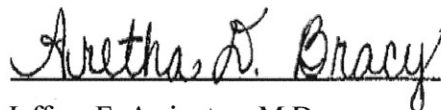
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