



Sleep-Related Infant Deaths in Georgia

Practice Steps

Knowledge is Power!



The **A**, **B**, **C**s of Safe Sleep



ALONE

on their BACKS

in a CRIB

What Now?



Practical Applications for Practitioners

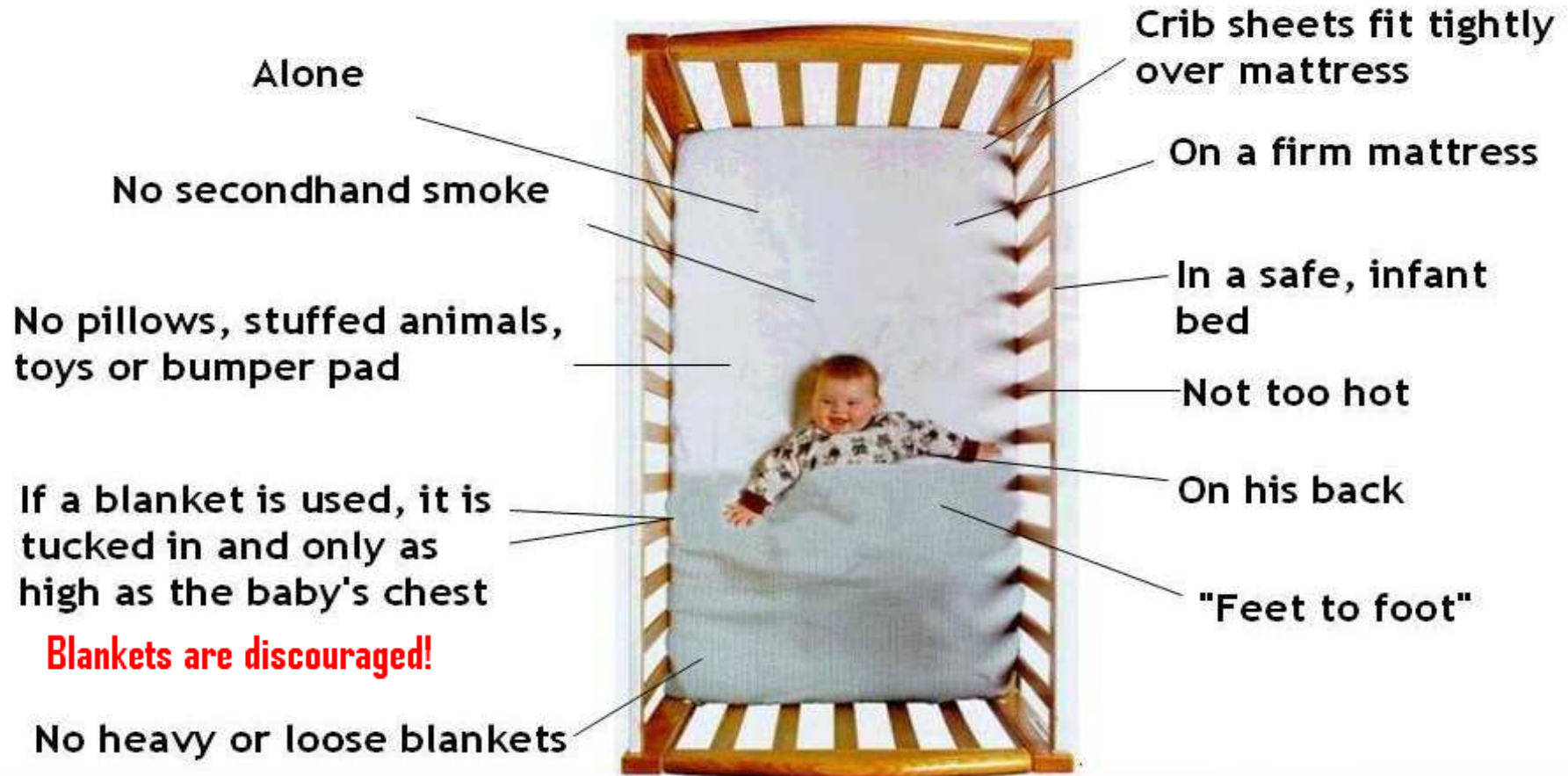


High Child Vulnerability



Observation of Sleeping Environment

What does a safe sleep environment look like?



Is That Enough?



What if There is No Crib?

The American Academy of Pediatrics (AAP) recommends that babies sleep in the same bedroom as their parents, but in a separate crib or bassinet, for the first few months of life.

Experts agree that a crib is the safest place for an infant to sleep, not every family can afford one. In that case, the AAP recommends substituting a dresser drawer that has been removed from the dresser.

Pack and Play Project Example



Does the Child Actually Sleep in the Crib?



Asking “Do You Co-Sleep?”



Is That Enough?



Other Questions to Ask and Address

- Do you “nap” with your baby?
- Do you lay down with your baby for feedings?
- Do you lay on the sofa with your baby?
 - “There’s not a week gone by at DFCS that there hasn’t been a death of some child related to sleeping,” said Ron Scroggy, acting state director for DFCS. Besides co-sleeping, children have suffocated from being caught in crevices of couches and chairs, and being caught under pillows, he said.

Other Questions to Ask and Address

- Does your babysitter “nap” with your baby?
- Does your babysitter lay down with your baby for feedings?
- Does your babysitter lay on the sofa with your baby?
- What is the role and mindset of the baby’s grandparents?

Other Observations to Make

- Level of Parental Protective Capacity?
- Parental Substance Abuse?
- Parental Medical Issues (i.e. narcolepsy)?
- Child Medical Issues?
- Parental Capacity to Incorporate Advice into Action?
- Age of Parents?
- Response to Crying / Crying Plan?

Having a Plan for when it Matters

“BABIES CRY. HAVE A PLAN.”

- Hold your baby close and rock, walk, or sway side to side while standing.
- It is never okay to shake a baby.
- It is okay to put your baby in a safe place (crib, infant seat) and let him cry while you take a break or call someone for help.
- It is more important to stay calm than to stop the crying.

www.cryingplan.com

Help Identify Problems and Alternatives / Solutions



Repeat, Repeat, Repeat



“Infant sleep safety requires a consistent and repetitive message in the community to prevent accidental deaths.” Dr. Michael Goodstein, York Hospital