

Lesson Instructions

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Help your clients learn to reduce the chances of SIDS in this lesson.

Suitable for: All clients.

Time Frame: In the third trimester.

Lesson Objective: To inform your client about SIDS and the steps she can take to reduce the risk.

Instructions: Show the DVD *Crib Safety & Sudden Infant Death Syndrome*. Go over the DVD worksheet and the discussion sheets.

Homework: Give your client the brochure *Safe Sleep for Your Baby* and the homework sheet. Also give your client a door hanger and sticker.

Supplies: DVD: *Crib Safety & Sudden Infant Death Syndrome*; SIDS Homework Pack

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.

Note: SIDS rates have steadily decreased because of the success of the Back to Sleep campaign. This DVD does not state the most current SIDS rates. Your client may benefit knowing that:

According to the Center for Health Statistics (NCHS), each year from 1983 to 1991, the number of SIDS deaths reported in the United States ranged from 5,000 to 6,000. In April of 1992, the American Academy of Pediatrics announced that healthy infants should sleep on their back to reduce the risk of SIDS. Beginning that year, SIDS deaths began to decline somewhat, to 4,890. In June of 1994, the Back to Sleep campaign began, and SIDS deaths declined even more. This decline continued throughout the 1990s, and, according to the NCHS, final figures for SIDS deaths in 1999 were approximately half of what they were in 1991 (2,648 versus 5,349).

However, when considering the overall number of live births each year in the United States, SIDS remains the leading cause of death in infants between 1 month and 1 year of age, and the third leading cause of death in infants birth to 1 year of age, behind congenital abnormalities and short gestation/low birth weight. (National Vital Statistics Report, June 26, 2001)

