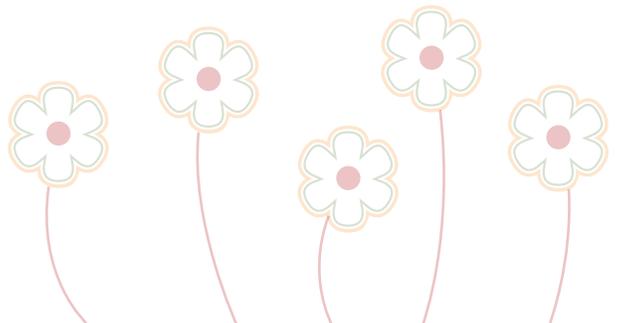
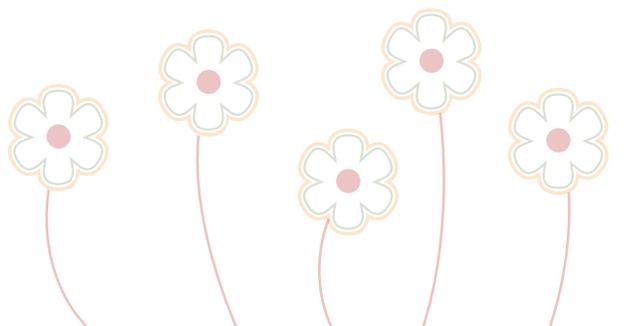


# Reducing the Risk of SIDS

## Lesson 3.4





### Lesson Instructions

**All rights reserved.**

These masters are intended for reproduction only by the organization that purchased them. The curriculum may not be shared with other centers or posted on the Internet.

**Published by:**

The Heritage House '76, Inc.  
919 So. Main St.  
Snowflake, AZ 85937  
800-858-3040  
www.hh76.com

**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 *Safe Sleep for your Baby right from the Start*. 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: *Safe Sleep for your Baby right from the Start*; 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.

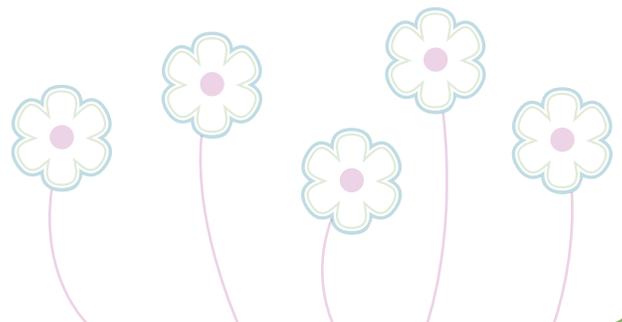
Note: SIDS rates have steadily decreased because of the success of the Back to Sleep campaign. This DVD does not state the most current SIDS rates. Your client may benefit knowing that:

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)



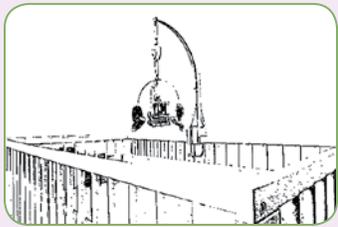
Help your clients learn to reduce the chances of SIDS in this lesson.



### DVD Worksheet

#### Lying Pictures?

Oftentimes you will see images of babies in cribs filled with stuffed animals, blankets, pillows, and more as they peacefully sleep on their stomachs. While these images look cute, they spread the wrong image. Don't try to match your area to the pictures - do what is best for your baby.



Spend some time making sure the crib is set up right. It is important.

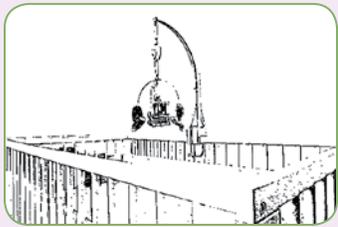
1. More babies die from unsafe sleeping situations than from \_\_\_\_\_ and \_\_\_\_\_.
2. What does SIDS stand for? \_\_\_\_\_.  
SIDS is when a baby dies in his sleep and you don't know why.
3. Babies should sleep on a firm \_\_\_\_\_ with a tightly fitted sheet.
4. Your baby should sleep \_\_\_\_\_, in an uncluttered crib.
5. Keep all bumpers, blankets and stuffed animals away from your baby's \_\_\_\_\_ in their crib.
6. Don't make the room too \_\_\_\_\_. Remember if you are comfortable, your baby is too.
7. Babies are \_\_\_\_\_ times more likely to die of SIDS if sleeping with an adult. Never let anyone \_\_\_\_\_ with your baby.
8. Your baby should sleep on their \_\_\_\_\_ at all times.
9. Since backs became the recommended sleep position, babies dying from SIDS has been cut in \_\_\_\_\_.
10. If babies are around smoke they are at a higher risk of Dying from SIDS. Never let anyone \_\_\_\_\_ around your baby.



### DVD Worksheet Key

#### Lying Pictures?

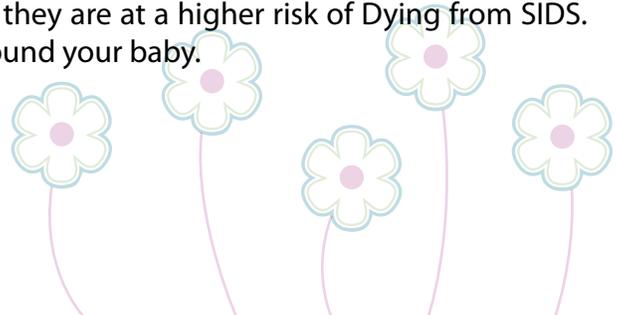
Oftentimes you will see images of babies in cribs filled with stuffed animals, blankets, pillows, and more as they peacefully sleep on their stomachs. While these images look cute, they spread the wrong image. Don't try to match your area to the pictures - do what is best for your baby.



Spend some time making sure the crib is set up right. It is important.



1. More babies die from unsafe sleeping situations than from **abuse** and **neglect**.
2. What is SIDS stand for? **Sudden Infant Death Syndrome**  
SIDS is when a baby dies in his sleep and you don't know why.
3. Babies should sleep on a firm **crib mattress** with a tightly fitted sheet.
4. Your baby should sleep **alone**, in an uncluttered crib.
5. Keep all bumpers, blankets and stuffed animals away from your baby's **face** in their crib.
6. Don't make the room too **hot**. Remember if you are comfortable, your baby is too.
7. Babies are **40** times more likely to die of SIDS if sleeping with an adult. Never let anyone **sleep** with your baby.
8. Your baby should sleep on their **backs** at all times.
9. Since backs became the recommended sleep position, babies dying from SIDS has been cut in **half**.
10. If babies are around smoke they are at a higher risk of Dying from SIDS. Never let anyone **smoke** around your baby.



### Discussion Sheet, Page 1

#### We Don't Know?

SIDS is something that is still clouded in mystery. There is no known reason why it happens. The good news is that many studies have found how to reduce SIDS. Follow the instructions in this lesson and you can reduce the chances of SIDS in your baby.

### SIDS

Sudden infant death syndrome (SIDS) is defined as the sudden death of an infant under one year of age that remains unexplained. Ninety-five percent of SIDS cases occur by six months. SIDS occurs most commonly between midnight and six in the morning and is more common in the winter months of December and January. SIDS is the leading cause of death for infants between one month and one year old. There are steps that parents can take to lower the risk of SIDS in their babies.



### Smoking

One of the many reasons not to smoke around a baby is that studies have shown that infants of smoking mothers and fathers have a greater risk of SIDS. Babies who are exposed to second hand smoke also are more likely to have congested breathing passages and are chronically oxygen-deprived. The cause of SIDS is unknown, but experts believe that upper respiratory infections play a significant role. Children who are exposed to secondhand smoke develop far more respiratory infections than unexposed children.

### Back to Sleep

Unless your doctor tells you otherwise, the safest position for your baby to sleep is on his back. Placing your baby on his back has reduced SIDS by almost 50 percent since 1994. The reason for the lower SIDS rate is unclear, but experts feel that babies who sleep on their backs may awaken more easily and are also less likely to become overheated. Babies who sleep on their backs are also unable to press their faces into soft surfaces and therefore do not rebreathe their own exhaled air. Sometimes babies sleep better on their sides. If you place your baby to sleep on his side, pull the arm underneath his body forward to make it less likely he will roll onto his tummy.

### Avoid Overheating and Overcooling

Both overheating and overcooling have negative effects on breathing. Babies who become overheated from overbundling have a higher risk of SIDS. Signs of overheating are sweating, damp hair, heat rash, rapid breathing, restlessness, and sometimes fever. The general rule for dressing a baby for sleep is to dress or cover your baby in as much or as little clothing as you would wear, plus one more layer. Check your baby's temperature by feeling his body. Cold hands and feet mean your baby needs more warmth. Put a knit hat on his head and booties on his feet. A sweaty head means your baby needs a cooler sleeping environment. Unbundle him.



Now is a good time to stop smoking, which increases the chances of SIDS. Don't take the risk.



### Discussion Sheet, Page 2

#### Cute and Frilly

After finishing this lesson, you may think that your crib has to be boring to meet all the recommendations. While it is important to keep the more frilly items, along with stuffed animals, away from where the baby sleeps, there are still many decorating options that will help your baby area look cute. For example, there are many bright and colorful thin baby blankets available. Use them to your advantage and add some color to your baby's area.

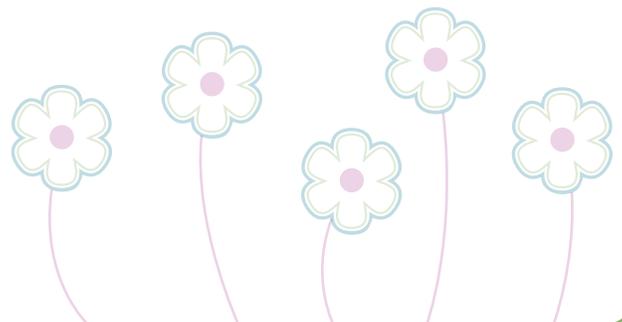


Never put your baby to sleep on his stomach. Also, avoid thick blankets - go for something light.



#### Safe Sleeping Environment

That gorgeous comforter you bought for your baby's crib may actually be dangerous. Thick, fluffy comforters are unable to be tucked under a baby, and back sleepers may pull them over their heads, causing them to rebreathe their exhaled air. It is better to use the comforter as a wall decoration and let your baby sleep with a light cotton blanket instead. Keep stuffed animals, pillows and toys out of your baby's crib as well. The crib mattress should be firm. If you are traveling, use the same precautions.

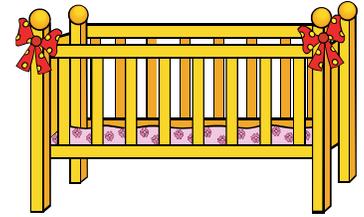


### Homework

#### Is It Really Important?

SIDS is serious. It is the leading cause of death for infants between one month and six months. Take the information you have learned and put it to use for the safety of your baby.

Read the brochure *Safe Sleep for Your Baby* and answer the following questions.



1. What is SIDS?
2. Babies sleep more safely on their \_\_\_\_\_.
3. Your baby needs tummy time. Place babies on their stomachs when they are \_\_\_\_\_ and someone is watching.
4. How can you help prevent flat spots on the back of your baby's head?

From *Fast Facts about SIDS*:

5. What is the leading cause of death in infants between one month and one year of age?
6. Between what months of age do most SIDS deaths happen?
7. What ethnic group has a higher likelihood of SIDS?



Remember tummy time! It is good for your baby and it is fun to watch them learn to move!

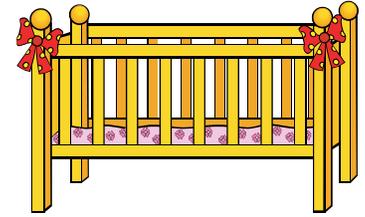


### Homework Key

#### Is It Really Important?

SIDS is serious. It is the leading cause of death for infants between one month and six months. Take the information you have learned and put it to use for the safety of your baby.

Read the brochure *Safe Sleep for Your Baby* and answer the following questions.



1. What is SIDS?

***SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than one year of age.***

2. Babies sleep more safely on their ***backs***.
3. Your baby needs tummy time. Place babies on their stomachs when they are ***awake*** and someone is watching.
4. How can you help prevent flat spots on the back of your baby's head?

***Provide tummy time. Change the direction that your baby lies in the crib from one week to the next. Avoid too much time in car seats, carriers, and bouncers.***

From *Fast Facts about SIDS*:

5. What is the leading cause of death in infants between one month and one year of age?

***SIDS***

6. Between what months of age do most SIDS deaths happen?

***Between two months and four months of age.***

7. What ethnic group has a higher likelihood of SIDS?

***African American babies are twice as likely and American Indian babies are three times as likely to die from SIDS than Caucasian babies.***



Remember tummy time! It is good for your baby and it is fun to watch them learn to move!

